



**Senior center
updates**
Page 6



**CoA announces
management
promotions**
Page 18



**Laketran offers
free rides to the
voting polls**
Page 27

NONPROFIT
ORGANIZATION
US Postage
PAID
Mentor, OH
Permit #562

Living to 100... and beyond!

Lake County centenarians share secrets to their longevity

By Deanna Adams

It's an age-old question: What can we do to live a longer, better, quality life? We, of course, are learning more and more through science and deeper studies, and more recently we've come to learn the known benefits of certain geographic regions. Yes, the area you live in can make a difference.

There are five areas in the world that are known as Blue Zones where it has been discovered that people live the longest and are the healthiest. They are Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece; and Loma Linda, California.

Researchers say that the average person's life expectancy—and lesser chance of suffering from chronic diseases—could increase by at least 10 years if you choose to adopt many of the good habits of people who live a “Blue Zone lifestyle.”

One of the most standard sources of good health in each of these areas is

beans, such as black beans, chickpeas, lentils, kidney beans and soybeans, preferably cooked and often put in soups and stews.

The American Heart Association has found that consuming coffee, both caffeinated and decaf, can give you a healthy boost at longevity so it's not surprising that many centenarians in the Blue Zones regions are known to drink two or three cups of black coffee every day. If you don't like coffee, tea has many of the same benefits.

Along, of course, with regular exercise, good sleep habits, no smoking, and limit of alcohol intake.

And did you know that having a pet can contribute to a longer, happier life? For seniors, a pet can help stave off loneliness, and having a dog, especially, encourages people to get out and walk more often.

There are a few Lake County natives who apparently are living the Blue Zone lifestyle. One of them is Mary M. Turk, who celebrated her 105th



Mary Turk on her 103rd birthday

birthday in July. The former Leroy resident now resides in the Slovene Home for the Aged in Cleveland, but is quick to note that the move was her decision.

“I lived in an apartment for awhile but decided I'd be happier at this place, and I am!” she says. “It's clean and they provide for all your needs and meals.”

See *CENTENARIANS* on page 4

Senior Service Levy dollars hard at work

Since 1992, Lake County residents have been overwhelmingly supportive of funding services for older adults through the senior services property tax levy. The board of commissioners want to educate residents of the various programs and services that benefit older adults and are supported by senior levy funds. One such program is the Home Repair and Modification Program administered by Western Reserve Community Development Corporation (WRCDC).

We sat down and chatted with Toni Marie Ciliberto, program manager, to learn more about WRCDC and the Home Repair and Modification Program for senior households.

Q: What is WRCDC and what programs do they administer?

Commissioners Corner



John
Hamercheck



John
Plecnik



Ron
Young

A: WRCDC's mission is to enhance the quality of life and promote self-sufficiency for individuals, families & neighborhoods by providing affordable housing and housing rehabilitation in a caring and supportive environment. WRCDC receives funds to administer the Lake County Housing Rehabilitation Program and the city of Mentor Single Family Housing Repair Program. In April 2018, we were awarded senior levy funds to provide home repair and modifications in the homes of

older adults. This was a program originally housed at the Lake County Council on Aging. By moving it, we were able to enhance the range of repairs and modifications available to seniors.

Q: What types of services does the Home Repair and Modification Program provide?

We can help with the installation of grab bars, hand grips, indoor railings, and things like that. Sometimes we can help with other minor repairs but it just depends on what's going on in the home. Generally, the repairs or modifications need to be related to the health and safety of the homeowner. We don't do regular maintenance type work and can't help with yard work or snow removal.

See *COMMISSIONERS* on page 5



Norma N. Chapman Senior Assessment Program

At University Hospitals Geauga Medical Center, the Norma N. Chapman Senior Assessment Program helps family, friends and primary care physicians identify the special needs of older adults. A comprehensive team evaluation includes:

- Medical evaluation
- Medication review
- Psychological evaluation
- Memory testing
- Occupational therapy home safety assessment
- Physical therapy evaluation
- Social service assessment

Recommendations and follow-ups are made with the patient families, primary care physicians and agencies involved. Referrals are made to community agencies, physician specialists and outpatient therapies and, when indicated, a functional driving assessment* may be suggested. These recommendations provide patients, families and primary care physicians with the knowledge, tools and resources to help the older adult live independently in a safe, healthy living environment.

*The functional driving assessment includes evaluation of cognition, reaction time, perception and judgment in a simulated driving examination.

Norma N. Chapman Senior Assessment Program

UH Geauga Health Center, Building 1
13221 Ravenna Road, Suite 9
Chardon, Ohio 44024

When Is A Senior Adult Assessment Appropriate?

An assessment may be recommended if any of the following conditions are present:

MEDICAL CONCERNS AND PHYSICAL LIMITATIONS

- Complex medical problems
- Difficulties performing daily activities

SAFETY ISSUES

- Medication management
- Home environment
- Driving
- Falls

MEMORY LOSS OR CONFUSION

- Dementia
- Confusion

PERSONALITY OR BEHAVIORAL CHANGES

- Depression
- Anxiety
- Agitation
- Paranoia

For more information, call **440-901-6271**



Medicare, Medicaid and private insurance are accepted.

Lake County Council on Aging



Joseph Tomsick
CEO



John Thomas
Board President

Board Officers

John Thomas
President

Shannon Cianciola
Vice President

Kimberly Tutolo
Vice President-Elect

James R. Jenkins
Treasurer/Secretary

Board Members

Ben Capelle
Megan Coy
Gini Geffert
Lynnmarie
Landwei-Phillips
Mindy
Mallett-Kovalcheck
Lynn Manteuffel
Paul Pahoresky
Eileen Yates

Honorary Member

Patricia Mackey

Welcome from the CEO

It seems impossible that we have arrived at the final quarter of the year. 2021 has certainly been a very busy year for the Council on Aging as we continue to work hard on our plans to re-engage the senior community with critical services and programs that are important in decreasing social isolation and improving the quality of life of older adults. As the year has progressed, the number of seniors requesting services has also continued to rise. For example, we have seen a 7% increase in seniors needing to participate in Meals on Wheels, our home-delivered meals program. This increase in demand drives the need for two critical resources: more volunteers and additional funding support.

I hope that you might consider helping the Lake County Council on Aging by making a year-end, tax-deductible donation, or by lending a hand as a volunteer. Every volunteer plays a critical role in helping us achieve our mission and making a significant contribution in the lives of Lake County seniors. There are numerous opportunities available and the reward is the spirit of giving. Please give us a call!

If you would like to contribute financially to our efforts, we have included a special donation form in this issue of Bridge on pages 12 and 26. We are counting on you to join other generous Lake County residents that have helped us sustain the critical programs we provide for Lake County seniors and assure the continuance of high quality services well into the future.

In the fall of 2022, we will mark 50 years since the Council on Aging began this journey to help older adults in Lake County and their families with services that support “aging in place” — the concept of remaining comfortable and safe in one’s home for as long as possible. Our board of trustees is planning several special events to commemorate this golden jubilee and we will be announcing these exciting celebrations in January.

Thank you for your support over the years, and for allowing us to be part of your lives each and every day. I wish you all a most peaceful, thankful and joyous final quarter of 2021.

Joseph R. Tomsick, CEO, Lake County Council on Aging

Council on Aging Holiday Hours:

The Lake County Council on Aging will be closed on the following days:

- Monday, October 11: Columbus Day
- Thursday, November 11: Veterans Day
- Thursday and Friday, November 25–26: Thanksgiving
- Thursday, December 23: Offices close at 2 p.m.
- Friday, December 24: Observed Christmas Day
- Thursday, December 30: Offices close at 2 p.m.
- Friday, December 31: Observed New Year's Day

Features

Lake County senior centers	6
Updates on what's happening	
CoA management promotions	18
Three key positions have new leadership	
Share The Love event returns	24
Subaru to donate \$250 to CoA for each car sold	
Laketran to provide free rides for voters	27
Transportation should not be a barrier to vote	

Departments

ADRC

Medicare open enrollment	8
Save money on utility bills with HEAP	8
Nutrition needs stay the same all year long	22

Volunteer Services

Volunteers hit milestone anniversaries	7
Fall opportunities for you to volunteer	11

Community Services

Who can benefit from home care?	10
Vial of Life can be a lifesaver	12

Mailbox

Letters of appreciation to the CoA	20
------------------------------------	----

Sheriff's Corner

How many people are in the Lake County Jail?	20
--	----

Words of Wisdom

Local seniors share messages of inspiration	21
---	----

Salute to Centenarians

Honoring local residents who turn 100—or older!	23
---	----

Your Well-Being

Keeping your home safe	14
By University Hospitals	

Food safety tips	15
By Lake County General Health District	

Forecast bright after bypass surgery	16
By UH Lake West Medical Center	

Photo and Image Credits

Page 8: © Can Stock Photo / zerbor
Page 10: © Can Stock Photo / gajdamak
Page 15: © Can Stock Photo / Kurhan (senior woman with groceries)
Page 19: © Can Stock Photo / 4774344sean (senior listening to music)
Page 25: © Can Stock Photo / cienpies (helping hands)

Mission Statement

The Lake County Council on Aging provides aging adults and their support system with services and opportunities that enable them to achieve an optimal, self-defined quality of life.

The Council on Aging maintains a policy of equal opportunity in matters of program, contracting or employment regardless of national origin, sex, race, handicap, politics, religion, color or age.

Lake County Council on Aging
8520 East Avenue, Mentor, Ohio 44060
Open Monday through Friday 8:30 am – 4:30 pm

www.lcco.org



LAKE COUNTY COUNCIL ON AGING

BRIDGE

Bridge Vol. XLVIII, No. 4 – October/November/December 2021
Award-winning Bridge is published quarterly; January, April, July, October

John Thomas, Board President
Joseph Tomsick, Chief Executive Officer
Dan Miller, Bridge Editor
Direct Market Publishing, Advertising Sales, Design
PM Graphics, Printer

Bridge Editorial

Send editorial comments
and suggestions to
Dan Miller at
editor@lcco.org.

Bridge Advertising

Contact: Kim Miller
Direct Market Publishing
(440) 799-8882
thebridgeads@yahoo.com

Council on Aging

(440) 205-8111
(800) 755-1402
Contact us by email
through our website.

The Council on Aging establishes editorial policy. Bridge reserves the right to edit, revise or reject advertising and assumes no responsibility for errors in advertisements, misprints, omissions and misinformation or failure to publish an ad. To reproduce an article, please identify Bridge and issue date as the source.

Bridge is made possible through advertising revenues, postage/handling fees, and funding from the Lake County Senior Services Levy. The Council on Aging is funded primarily through the Lake County Senior Citizens Services Levy, the Western Reserve Area Agency on Aging, the United Way of Lake County, various grants, fees and donations, and your generosity and support.

“As an *audiologist* with lifelong *hearing loss*, I understand its potential impacts firsthand and am deeply committed to helping people live better by hearing their best.”

Quote from Amanda Barbur, Au.D., CCC-A • Doctor of Audiology
Anna Soennecken, Au.D., CCC-A • Doctor of Audiology



Come Hear With Us
440.357.4327

Painesville Township
1701 Mentor Ave, Ste 5

AmandasFamilyHearing.com

STORMS = POWER OUT

You CAN Control When Your Power Comes On!



America's
#1 Selling
Generator

**WITH A GENERAC
AUTOMATIC STANDBY
GENERATOR
FOR HOME or
BUSINESS**

**AUTOMATIC BACKUP
POWER PROTECTION**
24 hours a day / 7 days a week
PERMANENTLY INSTALLED
on Natural Gas or Propane

**PREPARE NOW
Before the
Next Disaster!**

GENERAC

Call us today!
Shepp Electric Co., Inc.
877-423-9010
or visit us at
www.GeneratorPros.com

Area's Leading and Only Family Owned and Operated Dealer

**POWERPRO
PREMIER**

**INDUSTRIAL
POWER**



Over 5,000 Systems Installed! 30 Years Experience

Centenarians from page 1

Mary is a sports radio buff and dedicated listener to Mike Trivisonno, Newsradio WTAM 1100, who interviewed her on her last birthday. “I really enjoyed that,” she says. “I will admit he can be rude at times. He could use a lesson in manners. But he was nice to me and his show is interesting. I like hearing the men quibble back and forth and he keeps you up on current events.”

Mary served in World War II in the Women’s Army Corp (WAC) from 1943 to 1946. Later, she met Albert Turk, who she was married to until his death at age 43. They never had children, but Mary always kept busy serving others, being involved in various activities while making friends and dancing the polka any chance she got. “That music just does something to you. I still listen to it all the time—it keeps you young.”

Staying young at heart is perhaps the best way to live longer.

at age 98, donating her car to the Salvation Army. Reflecting on the past, Elizabeth says that her best decades in life “were my 70s and 80s. I was still very independent, driving, taking care of my home. I volunteered at St. Mary Magdalene and was also an usher there on Sundays.”

She believes that staying active, leading a good clean life, and having friends have kept her going.



Rhea Lovell

Finally, we come to Rhea Lovell, who at age 107, is feeling just fine, thank you very much! Although she now lives with her daughter Sue and son-in-law Rich Cianfaglione in Concord Township, she remained in her Eastlake home until 102 when she suffered a stroke, from which she fully recovered.

The sprightly centenarian still cherishes some independence, and speaks her mind. “I have my own way about everything,” says the mother of four who was married to her husband, Raymond, for 59 years. “I don’t ask anything from anyone and I try to get along with everyone.”

So what does she do with her time? “I wake up at 9:00 a.m., watch the news and have breakfast in bed, then get up and moving around 10:30 a.m.,” she says, adding that she likes to listen to music during the day, which can be as wide ranging as “Guy Lombardo, the Beatles, cowboy songs, and classical music.” She also enjoys older TV programs such as “Gunsmoke.” “John Wayne is my favorite,” she notes. Once an avid reader, her failing vision now restricts her from enjoying her favorite novelists like Elmer Kelton, known for his western novels. She also tries to exercise every day,

CONCLUDED on page 5



Elizabeth Goodrich

Elizabeth Goodrich turned 100 in May and is determined to live as actively as she can. She still resides in her Willowick home, and the only thing that keeps her down is her bouts with osteoarthritis. She says chasing her six children kept her active in her younger years, but these days she enjoys getting out as much as she can. “I like going for rides, especially around the lake. And I love going gambling at Presque Isle.”

A widow since 1973, she still cooks and bakes and gets ideas from watching cooking shows. She says she tries to eat right by eating a lot of vegetables. When asked about smoking or drinking alcohol, she replies, “I never smoked or drank in my life. I had five brothers, they would have killed me!”

Elizabeth adds that she misses driving, which she had to give up

Commissioners from page 1

Q: Who does the work once you approve a job?

A: We have two general handy-men, Jim and John, who are able to install grab bars, and such. If the job requires a special license, we work with local contractors to complete the repairs. Jim and John can also help to assess the home when they come out for an installation. They are really good about making suggestions related to placement of the grab bars or grips and what other places in the home to consider.

Q: How can an older adult determine if he/she is eligible for the program and if their repair need qualifies?

A: It's always best to call. Since we administer several different programs, there are different requirements and types of jobs we are able to provide. For the home repair program for older adults, the household does need to be under 80% of the HUD median income, which is \$44,050 in 2021 for a household of one.

Q: Are homeowners responsible to pay for approved repairs/modifications?

A: Actually, no. If you meet the eligibility requirements for the program, there is no cost to the homeowner. We want to make sure older adults are able to access services that will enable them to live at home as long as possible. We are

grateful to the board of commissioners for the funding to do this.

Q: What's the best way to contact you?

A: If you are interested in learning more or want to find out if your need qualifies, you can reach me at 440-357-4400, extension 103. I'll ask you some questions and see what we can do to help.

Q: How long have you been working with WRDC and what do you enjoy most about your position?

I've been with WRDC for twelve and a half years now. I really enjoy helping people in this capacity. Sometimes it is just a simple thing that we can do to make a big difference in the life of an older adult.

The Senior Services Levy is 0.8 mills, which brings in about \$4.4 million annually. Every five years the levy comes on the ballot for voters to renew. Levy funds are reserved for providing or maintaining senior citizen services or facilities as authorized by sections 307.694, 307.85 and 5705.19 of the Ohio Revised Code. Funding allocations are approved by the board of county commissioners annually.

For more information on services provided by the senior levy, contact Alyea Barajas, senior services coordinator, at 440-350-2748.

Centenarians from page 4

if possible. "I used to drink two beers a day after doing housework. It's nutritious and good for the bones. But now I only have a little beer on special occasions."

As each woman will attest, there does seem to be a pattern toward genetics. Rhea's mother lived to age 89 and her three sisters all lived into their 90s.

Mary also attributes heredity as possible cause for her longevity. "My mother lived to be 99, and my sister, 102," she says.

Elizabeth, too, comes from healthy stock. "My father passed away two weeks before his 100th birthday, and all my brothers and sisters lived well into their 80s and 90s."

When it comes to living a good, long life, 107-year-old Rhea has perhaps the greatest advice to younger folks—anyone under 100. "Mind your own business! Do what you want to, but stay on the straight line. You have three stops, one goes one way, one goes the other way, and there's one in the middle. Take the middle one, because the middle one will always take you in a straight line."

Council on Aging turns 50

And although the Lake County Council on Aging has a ways to catch up with these spry centenarians, the renowned agency will celebrate its 50th anniversary next year.

As they prepare to celebrate their successes during their golden jubilee year, 2022, they are taking a moment to reflect on their past history and thank the many volunteers and past board members who contributed to the success of the Council on Aging.

The Council on Aging's board of trustees has created a 50th anniversary task force which will be chaired by Lynnmarie Landwei-Phillips.

Please keep any eye out for information on upcoming celebration events which will take place throughout 2022, culminating with a gala in the fall of 2022.



Confidence in Knowing Your Assets Will be Protected




Wouldn't it be comforting to have a comprehensive plan in place for your future needs?

You are not alone—
we will be with you every step of the way.

Hickman
& Lowder
Co. L.P.A.
Attorneys at Law

Hickman-Lowder.com

Elder Law · Medicaid Planning
Estate Planning · Asset Protection
Care Advocacy Services



Community-based organizations like the Lake County Council on Aging need your support! Donate today to help us provide vital services like meals to older adults in your neighborhood.

CD or IRA MATURING?

NOW IS THE TIME TO LOCK IN A GREAT RATE!

2.15% 24 MONTHS

- Tax Deferred
- Fully Insured
- No Fee
- Guaranteed Return

CALL TODAY!

Good For:

- Maturing CDs
- IRAs
- Annuities
- Cash
- Replace Bonds

LIFEGUARD FINANCIAL

Mentor, Beachwood, Columbus, Independence, Westlake, Naples, FL

Call Today
(440) 942-1936
Limited time offer!

Interest rates as of November 9, 2020 and are subject to change without notice. The interest rate applicable to you will be declared on the date of your contract is issued. Surrender charges and market value adjustment may apply during the guarantee period. Safe Secure Savings™ is a product of the insurance industry and guaranteed by the FDIC or NCUA/NCUSIF. Not a deposit. Not insured by a federal government agency. Renewal restrictions apply. Disclosure for details. May only be offered by a licensed insurance agent. SIC-SS-CSR-Rev-11-09-20



Eastlake mayor Dennis Morley and Eastlake Senior Center director Grace Giangiacomo at the grand opening ceremony.

Eastlake Senior Center 600 East 349th Street

Grace Giangiacomo, director

For those of you that haven't already heard, the Eastlake Senior Center has opened the doors to our new locations as of September 8, 2021. Our grand opening was a great success thanks to all of you. All our regular instructors began holding their classes the week of September 13. Here are the days and times, so you can mark your calendars. Diane will be here on Monday mornings at 9 a.m. and Wednesday mornings at 10:15 a.m. Chuck will continue his hour-long yoga class on Wednesday mornings at 9 a.m. Sharon will do her one-hour line dancing class (improver through intermediate) Monday afternoons at 1:00 pm. So mark your calendars to get ready for our classes.

We will continue with wood burning on Tuesday mornings at 9 a.m. for those interested. A new TOPS weight loss group will be here on

Lake County senior center updates

October / November / December 2021

Wednesday mornings, so come and see what they are all about. Ceramic class will meet Monday, Wednesday & Friday mornings and bingo will be on Friday afternoons from noon – 2 p.m.

Other activities will be taking place as before. Attorney Deborah Loughner will be here the first Monday of every month. Our exercise room will be open daily. The foot doctor will be here on the first Thursday of the month, starting October 7. Our comfort elves will be back to work on the first and third Wednesday of the month to continue the great work they do for hospice. Last but not least, monthly trips will continue, hopefully, before the end of this year. Stop by to see us. We are open Monday thru Friday from 8 a.m.–3:30 p.m.

Kirtland Senior Center 7900 Euclid-Chardon Road

Teresa Szary, coordinator

As the weather cools down, the activities here in Kirtland are heating up! We invite you to check out all events, a full calendar, and our newsletter online at www.kirtlandcommunity.com. October will bring us a city employees vs. seniors bake-off, Medicare open enrollment and financial consulting, and a community-wide Halloween extravaganza. We usher in Novem-

ber with a new-member lunch, a Veterans Day celebration, a book sale, and our first ever “left-over lunch” right after Thanksgiving.

A huge thank you to our service department and all those who worked so hard to make our dreams of outdoor pickleball courts a reality. Years in the making, our three brand new courts will be the source of many hours of exercise, sportsmanship, and friendly competition. Open three hours a day, our indoor court is available year round to all members – experienced or novice!

As always, feel free to contact us at any time at 440-256-4711 or at communitycenter@kirtlandohio.com.

Madison Senior Center 2938 Hubbard Road

Carol Billetter, director

Hello seniors! As we head into fall we have added new classes and fun activities. Join us for Silver Sneakers, Tai Chi, yoga, line dancing, trivia, jewelry, see the attorney or podiatrist if needed. For September, National Senior Center Month, we are challenging our members to walk for balance and health. We are collecting steps completed and sending to NCOA. As we continue to open we ask that you are here for scheduled events/classes/lunch or recreation and

Discover choices in residences:

Jennings at Notre Dame Village

Right-size your home in our neighborhood! You'll find independent and supportive residences in an active, peaceful community filled with amenities to enjoy your lifestyle.



Cottage homes: Spacious open floor plans crafted by local award-winning builder Payne and Payne. Homes feature open floor plan living, quality comforts and affordable style, choices and upgrades. Residents enjoy the amenities of the campus.

Secure your new cottage today!



Apartments: Private, open floor plan apartments feature granite counters, in-suite laundry, choice of balcony and underground parking. Amenities are just steps away, including restaurant style dining, fitness studio, art room, outdoor patios, salon services, activities and more.



Memory care assisted living: This secure, natural home setting supports individuals with assistance and memory care. Each house is home to 12 residents, who each have a private suite. Residents enjoy the home amenities, holistic care and innovative philosophies. **Ask about exclusive fall protection flooring!**



Call today to schedule your tour!

440.279.9400 | www.notredamevillage.org

Senior centers from page 6

please only arrive 10 minutes early. We hope to add classes and activities each week.

Congregate lunch is now open Monday through Friday. Please sign up a week in advance and please be in the dining area by 11:45 a.m.

Current guidelines for our center are posted at each doorway and in the newsletter. These new adjustments are for the safety of our patrons, the staff, volunteers and any visitors to the center. Hope to see you soon.

Mentor Senior Center
8484 Munson Road

Renee Ochaya, director

The Mentor Senior Center continues to add additional hours and programs as we continue our gradual reopening. We welcome our seniors and open our doors Monday – Friday at 8:30 a.m. We are open until 5 p.m. on Tuesday, Thursday and Friday and until 8 p.m. on Mondays and Wednesdays.

We continue to offer a wide variety of fitness classes, and have recently added art classes, bridge, bingo and trips. We have added evening hours including line dance classes, Monday night movies and fitness center, library and pool room availability. The traditional hot lunch program has resumed from 11:30 a.m. – noon and the curbside meal program will continue for the time being with pickup from 11:00 – 11:15 a.m. at the Center Street (SR-615) entrance.

Patrons who are not fully vaccinated are asked to continue to social distance and wear a mask when in the senior center. In addition, please stay home if you are sick.

Check out our website www.mentorseniorcenter.com and Facebook page <https://www.facebook.com/mentorseniorcenter/> for updates on program offerings.

Perry Senior Center
2800 Perry Park Road

Christine Znidarsic, director

Join us for our 9th annual Craft Fair on Saturday, October 9 from 9 a.m.–3 p.m. Discover many hand-crafted items for sale including jewelry, stationery, pottery, wooden items, and baked goods to name a few. Enter our Chinese auction to win one or more beautiful baskets. Free admission and parking. Refreshments will be available for purchase.

Call the Perry Senior Center for more information at 440-259-3772.

Wickliffe Senior Center
900 Worden Road

Gerri Hubbell, director

What a wonderful summer we had as the seniors gradually returned! The days here have been filled with much laughter!

The following classes and activities have returned: chair yoga, beginning tap, advanced tap, senior exercise, line dancing, bocce ball, knitting & crocheting, senior art, Reiki, and monthly bingo! Our fitness room is open and has been

quite busy. And of course we will be celebrating Halloween, Thanksgiving, Christmas and the new year! Details to follow in monthly newsletters or by going to www.cityofwickliffe.com/recreation/seniors). And our library, puzzle table and billiards room are open.

We are accepting new members. Wickliffe residents pay only \$5 for a year, and nonresidents only \$10. And anyone over the age of 90, no matter where they live, is free!

We have a wonderful (not to mention delicious) daily lunch program at the center through the Lake County Council on Aging! Registration and reservations are required. Please call Joe or Dee for details at 440-373-5017.

The Wickliffe Senior Program hours are:

Monday–Thursday 8 a.m.– 4 p.m.

Fridays 8 a.m. – 2 p.m.

Please don’t hesitate to call us with questions at 440-373-5015. And if you are not currently a member, and are interested, ask for Gerri and she will set you up for a visit and tour!

Thank you! We are looking forward to an extremely busy and fun fall and winter!

Willowick Senior Center
321 E. 314th Street

Doreen Nevulis, coordinator

Welcome back! We are so excited to be reopened. The center started off slow so we can all take our time to feel comfortable and get back into our environment. We started back up with some of our programs, line dancing, yoga, exercise, ceramics and art classes.

Please join us for our Holiday Boutique on Saturday Nov. 13 from 9 a.m. to 2 p.m. at the Willowick Senior Center. There will be great crafts, refreshments, raffles and a bake sale.

With the reopening there have been some exciting changes at our center. Our kitchen is managed by the Lake County Council on Aging and we will begin in-house dining daily from 11:30 a.m. to 12:45 p.m. Please be sure to sign up the prior week on which days you would like to join your friends for a hot meal. A small donation per meal is requested. For more information please call Renee or Gina at 440-946-8822. Come join your friends for a great meal and great conversation!

To get the latest information on our upcoming programs and events, please check the website www.cityofwillowick.com. If you have any questions please feel free to contact me at dnevulis@cityofwillowick.com.

Willoughby Senior Center
36939 Ridge Road

Amy Skolny, director

The Willoughby Senior Center is back and in full swing with lots of opportunities to get involved. Our program coordinators, Becky and Jayme, have lined up some exciting adventures for you to enjoy such as: Funny Bus and Margaritaville, casino trips, Steele Mansion tour, Branson Ozark Jubilee at the Croatian Center, Warther Christmas Festival and of course the

wildly popular monthly mystery lunches.

What else is in store this fall, you may ask? Check out our monthly bingo parties, the Halloween party featuring the Rat Pack, Red Hat activities, clambake at Lost Nation Golf Course, a Veterans Day program, the holiday party and so much more. We are energized with our reopening and welcome you to see what’s new.

If you’d like more information on becoming a Willoughby Senior Center member, please call us at 440-951-2832 or check out our webpage at www.willoughbyohio.com.

“Milestone” Volunteers –
Everyday Heroes!!

The Lake County Council on Aging acknowledges the following volunteers who have marked milestone anniversaries over the past two years, 2020 and 2021. Volunteers serve in critical roles and make a significant contribution in the lives of the clients of the agency through multiple programs.

Congratulations to all of the following:

35 years

Eleese Gosselin

30 years

Susan Patrick

25 Years

Geraldine Cintula

Elsie Olivo

20 Years

Kitty Shriver

Linda Svendsen

John Denison

15 Years

Beatrice Baker

Stan Kasserman

Dan Martin

Donna Zadd

10 Years

Debbie Alecci

Kay Ball

Bill Biasoti

Peggy Bockhoff

Clarence Bordelon

Patricia Briar

Mary Ellen Buzanski

Ray Buzanski

Iva Chom

Carole Czeck

Shirley Downs

Kaye Ducsay

Robert Ducsay

Lois Dyckman

Wendy Edwards

James Elsaesser

June LaBant

Cheryl Mattice

Amy McGinnis

Judy Mulhauser

Susan O’Linn

Bill Sawyers

Nancy Stoneman

Tim Summers

Cathy Teschke

Ed Zivkovich

5 Years

Pat Abramczyk

Carla Boka

Clem Caswell

Dennis Cavallaro

James Claflin

Daniel Cogan

Tom Corrigan

Kathy Craft

Heather Deliere

Catherine Crawford

5 Years (continued)

Denise DiMare

Frank Dombeck

Pat Doty

Tom Erb

Thomas Evans

Donald Fatica

Laura Faught

Steve Fried

Pamela Gouldsberry

Carol Gundelach

Sarah Hill

Loretta Hrovat

Ken Kish

Gary Krech

Susan Krech

Lawrence Logan

Paul Mannion

Stephen Mason

Janet May

Nancy Mazurek

Ronald Mazurek

Anastasia McCullough

Linda McNeil

James Metenyi

Katherine McGiffin

Bob Meyer

Larry Meyer

Carol Miller

Laura Miller

Andrew Misenko

Karen Moffett

Tim Oberdoerster

Julia Parker

Lawrence Patfield

Pamela Pereksta

Barb Petroff

Judy Pope

Christine Riley

Richard Robinson

Lee Ann Russell

Judy Saletel

Linda Schmidt

Joseph Sironen

Larry Stanek

Robert Statz

Gary Swinehart

Chris Veneri

Rae Lynne Walsh

Frank Weglarz

Philip Weintz

Marijane Woodworth

Teresa Wymer

Daniel Zadd

By Shawnda Lockridge, Aging and Disability Resource Center Manager, Lake County Council on Aging

Medicare open enrollment



Are you overwhelmed with the Medicare plan mailings and telephone calls? Medicare open enrollment is October 15–December 7, 2021 so this is the time to change your plan or review other Medicare plans according to your medical needs. Lake County Council on Aging has OSHIIP volunteers who are ready to answer your questions. Our OSHIIP volunteers will be available via telephone. OSHIIP volunteers are certified by the state of Ohio to help senior with choices related to Medicare enrollment.

Meeting face to face with an OSHIIP volunteer will depend on the status of the COVID-19 protocols from the CDC. As an agency we have to follow their recommendations, so look for updates on our website as open enrollment dates come closer.

Medicare open enrollment can overwhelm seniors in our community by the volume of mail and unsolicited telephone calls they receive at their homes. In some instances, these calls are scams or ways to gain personal information from a senior that could result in identity theft, financial hardship, or Medicare fraud. In an effort to help seniors in Lake County, Medicare.gov has listed tips online to avoid scams and identity theft.

Visit <https://www.medicare.gov/forms-help-resources/help-fight-medicare-fraud/tips-prevent-fraud>.

Do's

- Protect your Medicare number and your Social Security number.
- Use a calendar to record all of your doctor's appointments and any tests you get.
- Learn more about Medicare and recent scams.
- Know what a Medicare plan can and can't do before you join.

Don'ts

- Give your Medicare card, Medicare number, Social Security card, or Social Security number to anyone except your doctor or people you know should have it.
- Accept offers of money or gifts for free medical care.
- Allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.
- Contact your doctor to request a service that you don't need.

Please review the tips listed and if you have any question please feel free to reach out to Lake County Council on Aging. Contact us at 440-205-8111.

Seniors can save money this winter with HEAP

Applications now available

Like the seasons which will soon be changing, so will the temperatures of northeast Ohio. With cooler weather, the Lake County Council on Aging realizes that seniors may need assistance with their heating bill.

We are excited to announce that our agency began working with the Home Energy Assistance Program (HEAP) starting in September 2021. The application may not be processed by ODSA until November 2021, but Lake Council County Council on Aging can help you get an early start on the application process.

Ohio Development Services Agency (ODSA) offers programs such as the Home Energy Assistance Program (HEAP) to assist Ohioans with paying their utility bills during the cold winter months. HEAP provides a one-time annual benefit/credit to your main heating source account.

To be eligible for HEAP, the total gross annual household income must fall below \$22,330 (175% of the federal poverty level) for a household of one or \$30,170 for a household of two. The gross income (before deductions) is counted for all household members, and includes income from wages, interest, annuities, pensions, Social Security (minus Medicare premiums), retirement, employment disability, public assistance, Supplement Security Income (SSI), alimony, child support, unemployment benefits, Worker's Comp-



sation, utility allowances and any other indirect income. According to the ODSA, all persons who share a common kitchen and bath are considered members of the same household and must apply on one application.

Required verifications for the application include your photo ID, Social Security card, and proof of income for all household members, and a copy of your heating/utility bill.

Our I&A specialist will review your application for completeness and follow up to ensure that it was processed and the credit/benefit was issued to your heating bill.

This year Lake County Council on Aging is open to the public and your HEAP applications can be completed at the office.

Please call first to make an appointment with one of I & A specialist at 440-205-8111.



Patricia J. Schraff, CELA*
John P. Thomas
Wm. Joseph Baker
Lindsay C. Jones
Tara M. Pavlovcak
Claudia Rose Brown
Timothy J. Gibbons
(of counsel)
Emil F. Sos (of counsel)

* Certified Elder Law Attorney by the National Elder Law Foundation

- | | | |
|-------------|---------------------------|-------------------|
| • Elder Law | • Estate Planning | • Medicaid |
| • Probate | • Long Term Care Planning | • Disabilities |
| • Trusts | • Nursing Home Negligence | • Personal Injury |
| • Wills | • Guardianships | • Real Estate |

2802 SOM Center Rd., Suite 200 • Willoughby Hills, Ohio 44094
Phone: (440) 569-1505 Fax: (440) 569-1509
www.schraffthomaslaw.com



CARDINAL
WOODS

SKILLED NURSING
& REHAB CENTER

Discover the
Cardinal Difference

**You deserve the
Cardinal Woods
experience when you
need rehabilitation.**

- New multi sensory room in our secure dementia unit
- Private room surrounded by 14 acres of beautiful scenery and exceptional care
- Wi-Fi

6831 E. Chapel Road • Madison
(440) 428-5103

EXPLORE

Your Lake Metroparks!

Clean, safe, accessible to all



Visit Farmpark or
Penitentiary Glen
Reservation for a FREE
postcard!

Lake Erie Bluffs
in Perry Township

Improvements in your Lake Metroparks

since 2012:

11

Miles of new
trails



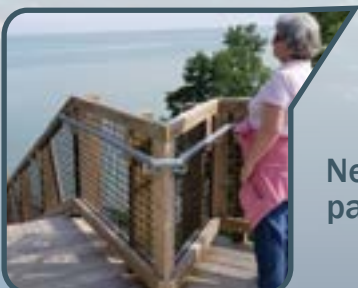
6

Additional
flush
restrooms



8

New accessible
park properties



*Plus other new amenities including playgrounds,
piers, docks and overlooks*

10

New shelters
constructed



8

Additional
playgrounds
opened



PHOTOS BY JIM MARQUARDT, ABBY BEGEMAN & STAFF



KIRTLAND

REHABILITATION AND CARE



SKILLED NURSING



SHORT-TERM REHAB



LONG-TERM CARE



RESPIRE CARE



MEMORY CARE



BEHAVIORAL CARE

Accepts most insurances, including Medicare & Medicaid.

KIRTLANDREHAB.COM

9685 Chillicothe Rd, Kirtland, OH 44094 • Ph: 440-256-8100

Who can benefit from home care?

By **Danielle Phillips**, Director of Social Services,
Lake County Council on Aging

When a senior begins to struggle to sustain their lifestyle independently, nonmedical home health care can provide supports to assist the senior with their daily routine. Home care provides compassion and help on varying levels according to individual need. Trained caregivers understand the nuances of seniors and services can range from assistance with personal care to providing companionship to seniors who feel isolated at home.

Lake County Council on Aging partners with three local home care agencies to provide nonmedical home care services to eligible Lake County residents. This program provides two hours of in-home care once per week.

A Council on Aging social worker will complete a free in-home assessment to determine eligibility for this program. The program is funded through the Lake County Board of Commissioners.

Eligibility criteria:

- Be age 60+.
- Need assistance with personal care.



- Live in the community.
- Client must not be receiving Medicaid Waiver Program.
- Income must not exceed 200% of federal poverty guidelines (\$2,146 individual; \$2,904 per household).
- Assets cannot exceed \$35,000 per individual; \$70,000 per household of two.

Call the Council on Aging at 440-205-8111 for more information.

The Lunch Place

Enjoy good food with friends at
Lake County Council on Aging meal sites

If you are age 60 or older and are looking for warm companionship and healthy, nutritious food, then schedule time to eat a meal with a friend.

The Lunch Place serves hot lunches five days per week providing 1/3 of the daily-required recommendations of USDA. There is no charge although a suggested voluntary donation of \$1.50 is accepted. A reservation in advance of the meal is also required.

It is never too late to start making positive lifestyle changes. Eating well can help you stay healthy and independent — and look and feel good — in the years to come.

More information about the Lunch Place can be obtained by calling the listed numbers to the right.



The Lunch Place at Madison

2938 Hubbard Road
Hours: 8:00am – 1:00pm
Phone: (440) 428-7002
Coordinator: Glynnis Fox

The Lunch Place at Painesville

270 East Main Street
Hours: 8:30am – 1:30pm
Phone: (440) 354-6700
Coordinator: Jean Carlton

The Lunch Place at Wickliffe

900 Worden Road
Hours: 8:30am – 1:30pm
Phone: (440) 373-5017
Coordinator: Joe Greene

The Lunch Place at Willowick

321 East 314th Street
Hours: 8:30am – 1:30pm
Phone: (440) 946-8822
Coordinator: Renee Sonnie

VOLUNTEER SERVICES

Fall volunteer opportunities warm the heart of a senior

By Ann Marie Armaro, Volunteer & Community Engagement Specialist,
Lake County Council on Aging

Fall brings changing leaves, cooler temperatures, hot cider and pumpkins! What a great time to take a drive and deliver a meal to a senior, bringing joy to their day.

The Council on Aging is committed to providing seniors with resources and services to enrich their lives. Volunteers deliver Meals on Wheels and assist in kitchens preparing meals Monday through Friday at our nutrition sites in Wickliffe, Willowick, Mentor, Painesville and Madison. Our need has increased for volunteers at all sites and we are accepting applications. We ask volunteers to commit to one day a week. If you are unable to commit a day a week, we are also looking for subs to fill in. Friendly caller volunteers have phone conversations with seniors to reduce loneliness and bring positivity and joy into the lives of seniors; often reducing depression. This friendly support call

can be done weekdays, evenings or weekends. Grocery volunteers are needed to shop for seniors two times a month. We also have monthly opportunities to deliver produce to homebound senior or our new exciting Meals on Wheels for pets, providing supplemental pet food to clients once a month. We also have special holiday opportunities below. If you have a couple hours to spare, please consider joining us for holiday meal delivery on Thanksgiving or Christmas morning.

With the holiday season fast approaching, we look forward to sharing a special joy on Thanksgiving and Christmas morning delivering a hot meal and holiday greeting to nutrition clients throughout Lake County.

Get started today by calling Ann Marie Armaro at 440-205-8111 ext. 228 or emailing Aarmaro@Lccoa.org.

Radio Show for Lake County seniors!

Listen to the Council on Aging's radio show every Saturday afternoon from 2-3 pm on both 1330 AM and 101.5 FM. Council on Aging CEO, Joe Tomsick, hosts "Our Aging World" and shares ideas and resources to make your life easier — with tips, tools and resources on topics such as senior health, housing, finances, Medicare, Social Security, money saving programs, and other issues that affect older adults. Whether you're caring for an aging loved one or are concerned about your own aging

journey, the show emphasizes wellness in aging by examining pertinent social, emotional, political, economic and healthcare issues that relate to seniors.



"Our Aging World" is committed to educating seniors and their families — through entertaining discussions and interviews with experts about the best strategies for improving quality of life. The show is made possible through sponsorships and Integrity Radio. You may also listen live online at tunein.com — search WINT.

Because the Best Care is Home Care®

We provide nonmedical home care/companionship services to seniors who need assistance with everyday activities.

Whether you or a loved one are recovering from surgery, prone to falling, living with Alzheimers/dementia, or have limited mobility — WE CAN HELP. WE CARE.

• HOURLY & 24/7 CARE



Taylor Made Home Care, LLC

Call today for your FREE In-Home assessment!

440-946-6446

www.taylormadehomecare.com



CUSTOM FIT FOR YOUR IN-HOME NEEDS



Holiday Events For All Ages!



Home for the Holidays Group Day

December 2

Bring your group to the most spectacular display of holiday trees and decorations in Lake County. Enjoy the sound of our "Magical Musical Machines." Find one-of-a-kind gifts and stocking stuffers from vendors & shop our Mistletoe Market. Have an early lunch in the Candy Cane Café. Call for times.

Groups of 7 or more — \$18 per person

Home for the Holidays

December 2-22

If you haven't decorated and love Christmas trees, you will be enamored with our displays. Enjoy the magical wonders of the holidays with a tour of the beautifully decorated Lake County History Center. \$7 per person

Breakfast or Lunch with Santa

December 5, 11, 12, 18, 19

Have breakfast or lunch in your PJs with Santa in Heritage Hall. Visit the land of misfit toys in our event barn and make an ornament to take home!!!

Breakfast 9 a.m. & 11 a.m.

Scrambled eggs, bacon, sausage, breakfast potatoes & fresh fruit.

Lunch 1 p.m. & 3 p.m.

Lemon chicken, redskin potatoes, mac & cheese, chicken fingers, pizza & green salad.

\$16 adults • \$13 for 4-12 yrs • \$4 for 3 & under

Limited seating! Book early & bring your camera!!

Holiday Tea

December 11

Take time from your hectic holiday schedule to relax, enjoy friends and family and a delightful treat of tea and sandwiches, fruit and delicious sweets.

Special Presentation: "Twelve Days of Christmas"

\$18 member • \$20 nonmember • \$12.50 for 4-12yrs

New Years at Noon

December 31

Elvis will be in the building! Come and bring in the new year at noon with heavy appetizers and entertainment with one of Ohio's leading Elvis impersonators.

Menu: Trio of canapes, bacon-wrapped chestnuts, Asian chicken skewers, artichoke & spinach bruschetta, bourbon meatballs & pizza.

\$35 member • \$40 nonmember

Registration begins October 12, 2021 for members and October 26, 2021 for nonmembers.

Call 440-639-2945 or sign up on Eventbrite.com

Due to COVID-19 and social distancing guidelines, all programs and special events are subject to change or cancellation.

Lake County History Center

415 Riverside Drive, Painesville Township



(440) 639-2945

www.LakeHistory.org

Helping us to help others

An appeal from the Lake County
Council on Aging Board of Trustees

Like last year, 2021 has proven to be a challenging year for non-profit agencies like the Lake County Council on Aging. For 49 years, our agency has served as the trusted resource to help seniors and their families plan for their later years, aging in place and enjoying a long, healthy life. COVID-19 forced us to take actions that would suspend some of our services, adapt our meal deliveries, and reinvent the way we provide assistance for seniors.

Through it all, we have been able to take the lead in the delivery of critical services that can help older adults continue enjoying a long, healthy life.

Our meals program is the life-line for so many seniors who are homebound and isolated. And the numbers continue to increase. This year alone, we are serving 7% more senior clientele in need of nutritious daily meals than we were prior to COVID-19 hitting our shores. We would like to take this opportunity to express our



gratitude and appreciation for your continued support of the Senior Services Levy and for any personal financial assistance you may have provided to the Lake County Council on Aging.

Copies of our donation form appear below this article and on page 26 of this issue of Bridge. We hope that you will take the time to clip one out, complete the information, and return it with your contribution. Your gift can help us make a difference in serving an ever expanding senior population in need.

You can also visit the Lake County Council on Aging website at lccoa.org and click the "donate" button to make an immediate online donation. Your contribution, no matter how big or small, will help and we thank you for your support.

Please support the Council on Aging!

Clip and mail this form to:

Lake County Council on Aging, 8520 East Avenue, Mentor, Ohio 44060

I want to help Lake County's older adults!

Please accept my year-end gift of \$ _____

I am making my donation by:

- ☐ Check or Money Order
(Make payable to: Lake County Council on Aging)
- ☐ Donate online: Skip this form and visit lccoa.org to donate!
- ☐ Credit card: Please charge \$ _____ to my:
(circle one) Mastercard Visa American Express Discover

Name on card: _____

Card number: _____

Exp. date: _____ CVV code: _____

Your name: (as you wish to be acknowledged)

Company name: (if applicable)

Address: _____

City: _____

State: _____ Zip: _____

COMMUNITY SERVICES

The Vial of Life can be a lifesaver!

By Kristi Ballinger

Social Work Manager, Lake County Council on Aging

This is an article that appeared in Bridge a few years ago. Due to the current health circumstances we are facing today, it seems we could benefit from a timely reminder.

The Council on Aging along with Lake County's fire departments have partnered to conduct the Vial of Life Program. The primary purpose of the vial of life is to provide important medical information at the time of a medical crisis.

The vial of life is a simple form containing medical and emergency information that is placed in a highly visible red magnetic pouch. The pouch is then placed on the refrigerator door. Emergency medical service personnel are trained to look for the pouch when entering an older person's home. If the vial of life is available, it can assist the EMS when treating the person in his or her home. They also will take the vial of life, if the person is being transported, and give it to the emergency room personnel for their use.

When someone requests a vial of life, a Council on Aging staff person will assist the individual in completing the document. This ensures that each question on the information sheet is answered correctly. While this may seem easy, it is imperative that the answers to questions concerning do-not-resuscitate orders (DNR), location of medications, advance directives, and other important items are accurate.

Features of the information sheet are indications of whether a person has a DNR order, when the vial was last updated, where medications are located, and, if advance directives have been completed, where they are, and who has them.

The completed information sheet is placed in the red plastic pouch. The staff person or individual will write the client's name on the pouch and place it on the refrigerator at eye level. The vial of life is now ready for any emergency personnel called to the home.

The vial of life is available through the Council on Aging at no cost to any Lake County resident age 60+. All that is required is a simple phone call to the Council on Aging to request the vial.

To make the application process fast and easy, please have the following information available:

- Your medical conditions and whether you take medications for them. (We do NOT need the name of your individual medications.)
- Your primary care physician's name and phone number.
- Any other doctor's name and phone number.
- The name, relationship to you, and home/work/cell phone numbers of TWO people you want to be your emergency contacts.
- Your Medicare insurance number.
- Your secondary insurance number.
- Whether you have a living will, durable power of attorney for healthcare, and/or a do not resuscitate order, and if so, their locations.
- We will be asking you other questions; however, you will know the answer to these without gathering additional information.

Call the Council on Aging at 440-205-8111 for more information or to obtain a vial of life.

Senior Farmers Market a success!

In partnership with the Western Reserve Area Agency on Aging, the Lake County Council on Aging distributed 339 sets of coupons for the federally funded Senior Farmers Market Nutrition Program.

Participants received ten \$5 coupons to roadside stands. Coupons could be redeemed for Ohio-grown fresh vegetables, fruits, herbs and honey. The total value of the program this year for Lake County

was \$16,950. This project was funded at least in part with funds from the U.S Department of Agriculture and the support of the Ohio Department of Aging.

The Council on Aging is grateful to Laketrans for allowing the agency to utilize its Mentor Park-N-Ride lot for one of the distribution events, and to the Mentor Police Department for their assistance with traffic at the event.

One-on-one Medicare help is here

UnitedHealthcare® Medicare services are now in store at Walgreens

If you are an existing UnitedHealthcare Medicare member, stop in to get help understanding how to get the most out of your Medicare plan.

Get one-on-one support on:

- Medicare plan assistance
- Claims and billing questions
- Information about plan benefits
- Scheduling doctor appointments

If you are turning 65 or new to Medicare, we have local licensed sales representatives accessible to answer questions and talk about your Medicare coverage options. Agents are in store Tuesdays and Thursdays from 10 a.m.–2 p.m.



UnitedHealthcare Medicare member services at the following Walgreens locations:

**127 E Pleasant
Valley Rd
Seven Hills, OH**
8 a.m.–4:30 p.m.,
Monday–Saturday

**9400 Mentor Ave
Mentor, OH**
8 a.m.–4:30 p.m.,
Monday–Saturday

**6270 Som Center Rd
Solon, OH**
8 a.m.–4:30 p.m.,
Monday–Saturday



All clinical and other resource center services provided at UnitedHealthcare at Walgreens locations are provided by employees or agents of United HealthCare Services, Inc. or one of its subsidiaries or affiliates, and such individuals are not employees or agents of Walgreen Co. or any of its subsidiaries or affiliates. Other pharmacies are available in our network. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in these plans depends on the plan's contract renewal with Medicare. © 2021 United HealthCare Services, Inc. All Rights Reserved.

Y0066_62583_51921_C

SPRJ62583

Simple changes to make your home safe as you get older

By University Hospitals

Many homeowners are now doing renovations since changing their work place to a home or school office. Some have made upgrades while others cleaned out their non-essentials to increase their living space or storage. But how many have given much thought about accessibility or safety in the home so they may age in their homes? Here are some simple changes you can make.

More than one in four people older than age 65 fall each year and only half of older adults can live independently after an injurious fall. It may be worth considering what you can do to prevent falls from happening in your home.

On one foot

Many adaptations can be made to prevent falls from happening, such as adding something to hold on to that is stable and sturdy when you're on one foot. Yes, on one foot! When you walk up steps or step over a tub, you are on one

foot. Safety modifications for areas where you are on one foot include adding railings on both sides of a staircase, grab bars to a front step home entrance or threshold, and grab bars in a tub/shower.

Be sure to stay away from clamp-on grab bars to tub. These are not recommended, as in most cases they are not used properly or checked for fit often, so they can loosen and actually cause a fall.

Entering your home

Ideally, no steps or a ramp would be best at the entrance to a home. But even a door threshold without steps can be tricky. Even if there is no step, independently managing this barrier can be challenging.

If a door threshold height is greater than $\frac{3}{4}$ of an inch, consider a beveled or portable threshold ramp as it can be difficult to manage a wheelchair or wheeled walker over even this small height.

The width of the doorway is also something to consider. If widening a doorway is too expensive, an inexpensive fix can be updating the

type of hinge. Assess if a swing-clear hinge is feasible, which allows for maximum clear width of an opening.

Preventing falls inside the home

There are more inexpensive changes that can be made to prevent falls in the home. Night lights can be added to hallways, to paths from bedroom to bathroom or to stairways. Light switches at top and bottom of stairs also are helpful.

Remove throw rugs, especially in the bathroom, or path to the bathroom. If rugs are a must, secure them and look as you step, so you do not trip.

Another fall risk, unfortunately, is our fur babies. In fact, 88 percent of pet owners trip and fall over their pets. Crates or baby gates for pets can be helpful in containing your pet while you are working in the kitchen, where they may go unnoticed.

Moving outlets to heights of three to four feet from the floor may be helpful, as bending over can chal-



lenge our balance. Extension cords or long cables also can pose a trip hazard, so removing or securing them to a wall is recommended.

In the kitchen

Along with bathrooms, kitchens can be a high-accident area. There are a lot of kitchen renovations happening that can be very expensive. But there are some gadgets out there that can be helpful in keeping us safe in our homes.

Cupboard knobs can cause some extra stress on joints and may be difficult to grab. D-shaped pulls are recommended for ease of access, but be sure they do not form a "T" as this type of handle can catch on clothing.

See **SAFE HOME** on page 17



FIRST MONTH'S RENT AND UTILITY DEPOSIT PROGRAM

- Must have some form of income coming into the household
- For people moving to a new unit
- Helps low to moderate-income households by paying first month's rent and utility deposits

FAIR HOUSING RESOURCE CENTER

★ STAR PROGRAM ★

Help is Available

1100 Mentor Ave.
Painesville, OH 44077
440-392-0147
www.fhrc.org

SHORT-TERM SENIOR SUBSIDY PROGRAM

- Provides a rental subsidy for up to 6 months
- Tenant must be at least 62 years of age or older, qualify as low to moderate-income, currently have some form of income being brought into the household, and must demonstrate a need for assistance.
- FHRC will pay up to 70% of a tenant's rent

Food safety tips

By Lake County
General Health District

When we sit down to eat a meal, we expect food to be safe to eat, but extra effort is required to assure that food will not cause anyone to become ill. Seniors, young children, and people fighting a serious illness are especially susceptible to foodborne illness. These groups sometimes cannot fight bacterial contamination in food. Take these steps to avoid illness caused by eating unsafe food.



Food safety starts with shopping

Make the grocery store your only stop or your last stop. Don't leave groceries in a hot car while running other errands. When the shopping bags are being packed, make sure raw meat is separated from other foods to prevent contamination from leaking and dripping.

Put groceries away promptly and PROPERLY

Raw meats, poultry and eggs should be stored on the bottom of the refrigerator so they cannot leak onto anything else. Foods that are ready to eat, such as a salad, fruit, or lunch meat should be put above raw proteins to prevent contamination.

Plan ahead

Thaw food in the refrigerator for safety. Thaw a turkey by putting it under cold running water for several hours, or in the refrigerator for several days using a drip pan to catch leaks.

Always wash your hands, and then your produce

Wash your hands with soap and water before and during food preparation. Sing the full Happy Birthday song to make sure you are washing thoroughly. Wash all produce before slicing or preparing.

Use care not to cross-contaminate food

While preparing food, work on only one item at a time, and then return it to the refrigerator until it is time to cook. If possible, use separate cutting boards and knives for produce and raw protein items, or start with foods that will not

be cooked, like salads and fruits. Wash everything that comes in contact with raw proteins and their juices, including the sink, utensils, cutting board and your hands.

Cook food to a safe temperature

Use a metal stem thermometer. Roast poultry to a minimum internal temperature of 165°F measured in the innermost part of the thigh and the thickest part of the breast with an accurate thermometer. The center of any stuffing must also reach 165°F. Do not rely on a pop-up indicator. Ground meats should be cooked to 160°F, and steak and fish to 145°F.

Keep hot food hot and cold food cold

Wrap containers of food to keep them hot or cold during transport. Use ice to help keep food cold while serving. If people are eating over a long period of time, it is best to put food into smaller containers, and put them out more frequently so the food stays at the correct temperature. Custard pies, including pumpkin pie and sweet potato pie, must be stored in a refrigerator. Hot food should be kept warm at 130°F or above.

What about leftovers?

If leftovers will be saved, do not leave the food out for more than two hours. Place hot food into small, uncovered containers and put them in the refrigerator immediately. Once cool, put the lids on. When in doubt, throw it out.

Please contact the Lake County General Health District at 440-350-2543 with any questions.



BRICKMAN BROS.
FUNERAL HOME



Bill, Joe, John, Phil and Jonathan Brickman
Our family serving your family for over 110 years

37433 Euclid Avenue • Willoughby
440-951-7800 • www.brickmanbros.com

- Burials
- Cremations
- Preplanned funerals
- Preneed irrevocable trusts
- Handicap accessible with all facilities on one level



Corwin & Jenkins CPAs

Registered Tax Preparers & Certified Public Accountants

Over 60 years of combined experience
specializing in:

- Estate & Trust Income Taxes
- Individual & Business Income Taxes
- Financial Statements & Business Advice

35000 Chardon Road, Suite 100

Willoughby Hills, OH 44094

Phone: (440) 954-3399

Fax: (440) 954-3261

Email: CPA@corwinjenkins.com

www.corwinjenkins.com

Your Trusted Hearing Professionals



Did you know most insurances cover hearing aids?

1. Are you tired of asking people to repeat themselves?
2. Do you have the television turned up too loud?
3. Do people seem to mumble in crowded situations?

If you answered yes to any of these questions, it's a good idea to get your hearing checked.



Holly's Hearing Aid Center

1-888-4HOLLYS



Ashtabula: 2845 North Ridge East
Plaza East Shopping Center, Next to AAA

Chardon: 151 Main Street
Historic Chardon Square

Concord: 9875 Johnnycake Ridge Road
Route 84, in front of the Concord Plaza

Mayfield Hts: 1438 S.O.M. Center Rd., Ste. 101
Professional/Gallucci Building, across from Eastgate Shopping Center

Willoughby: 35104 Euclid Avenue, Ste. 100
Located in the Parkhill Professional Building, next to Pizza Hut

Forecast bright after bypass at UH Lake West

After chest tightness, bypass surgery and expert care, retired weatherman has a sunny forecast

By UH Lake West Medical Center

Mike Nadolski, 68, was enjoying an active retirement back here in his hometown after a 42-year career in the weather profession all across the country with the Navy and the National Weather Service.

Golf, along with lawn-mowing, landscaping and snow plowing for family and neighbors, kept him on the go. On July 6, 2020, checking on the lawn care needed at his mom's neighbor's house, he bent down to examine the grass. When he stood up, tightness in his chest caught his attention.

"It just didn't seem right, so I told my mom I was going home," Mike says. Back home, he talked with his neighbor, Christina Joherl, RN, an intensive care nurse at UH Lake West Medical Center, about his experience. The chest tightness had gone away soon after it occurred and Mike had no previous cardiac symptoms, but Christina thought he should get it checked out. So she took Mike to the Lake West Medical Center ER.

At the emergency department, his EKG and chest X-ray were normal. Blood work showed an elevated level of troponin, an indicator of heart attack, but well below what is typical for heart attack patients. When a second blood draw

showed the number hadn't changed, ER physician, Brent Keaner, DO, had Mike admitted to the monitored care unit for further observation and evaluation. There, a third test showed the level of troponin was going up. So the next morning Mike discussed things with the cardiology staff and chose to move forward with a heart catheterization.

"I'm the kind of person who says 'if there's a problem, let's find it and fix it,'" says Mike.



Paul Zellers, DO

Cardiologist Paul Zellers, DO, performed Mike's catheterization procedure and found three coronary artery blockages.

"When we find three-vessel disease or even two-vessel disease that involves an important vessel branch point, we like to offer our patients a heart team approach. This approach is where the patient, the interventional cardiologist and the cardiothoracic surgeon meet to discuss what would be the best and most durable option for the patient," explains Dr. Zellers. "For Mike that option was bypass. Open heart surgery is a major operation, but it's also very routine for our incredibly experienced UH cardiothoracic surgical team."

"It went from 'this doesn't feel right' to 'I have three blockages' to 'I need open-heart surgery, so let's get this done and move on,'" Mike says.

Open-heart surgery



Marc Pelletier, DO

On July 10, University Hospitals cardiothoracic surgeon Marc Pelletier, MD, and his team completed Mike's three-and-a-half-hour open-heart surgery at UH Lake West Medical Center. Coronary artery bypass grafting provided a new route for blood flow around the blockages in three arteries. Just two days later, Mike was walking the hospital hallway with a portable wireless monitor.

After his discharge on July 15, Lake Health Home Care nurses visited his home to take vitals and provide care. Four-and-a-half weeks later, at his follow-up appointment with Dr. Pelletier's partner Cristian Baeza, MD, Mike was healing so well he was allowed to start driving and his lifting limits were raised from 10 to 30 pounds.

"Having the expertise and equipment to treat patients such as Mr. Nadolski urgently and close to home is a tremendous asset for the people of Lake County," says Dr. Pelletier. "The

Dementia Experts You Can TRUST!

Ask about
our new
Lakeside
Club!

Symphony^{at} Mentor
A Memory Care
Community



We are a stand-alone assisted living specializing in care for residents with dementia.

- Safe & secure homelike neighborhoods
- Specialized programs to engage all stages of dementia
- Aging in place 24/7 nursing care
- Medical & psychiatric services on staff

CALL for a FREE home assessment with one of our dementia specialists.

8155 Mentor Hills Drive • Mentor
440-256-8320 • SymphonyAtMentor.com

UH cardiothoracic from page 16

affiliation of Lake West Medical Center with University Hospitals provides our patients with some of the best medical care they could receive from an experienced team of surgeons. And the expert and personal care that patients receive from the nursing and support staff at Lake West is second to none. Mr. Nadolski and his straightforward recovery are a testament to that care.”

Cardiac rehab

For 24 weekly sessions from December 2020 to March 2021, Mike participated in cardiac rehab at the UH Brunner Sanden Deitrick Wellness Center in Mentor. He found the rehab more intense than

his personal walking routine and beneficial to his recovery.

“Mike purchased a heart rate watch and pulse ox for exercising at home on his treadmill and working in the yard,” says cardiac and pulmonary rehab facilitator Nicole Marcia, MEd. “He was so positive, willing and ready to move on with life!”

“The doctors were phenomenal and the nurses were great. I can’t express the excellent job that everyone did. I was surrounded by great support from all my caregivers and family,” he says. Today Mike continues to walk a minimum of 10,000 steps every day — on his treadmill, cutting grass, landscaping and golfing.

Safe home from page 14

Cut-resistance gloves, cool-touch oven rack guards or easy-pour electric kettles are all helpful kitchen tools to keep us safe from burns or cuts when hands may not be quite as strong or coordinated as they once were. Or maybe just as a preventive measure!

There are some useful memory aids in the kitchen too, such as an automatic stove shut-off device or

devices to shut off the stove if there is no motion in the kitchen for too long. Some stoves can also be set to lock for periods of time too.

To learn more about safety at home, call 440-901-6271 to schedule an appointment with the Norma N. Chapman Senior Assessment Program at University Hospitals Geauga Medical Center.

Lake-Geauga Recovery Centers Family Program

Benefiting those interested in learning about substance abuse and how it affects families

Addiction to alcohol, drugs and gambling are illnesses that have a profound effect on both the individual and their family members. Living with an addict can be a chaotic and unpredictable experience. Family relationships are often torn apart as the result of a loved one’s addiction. Family members are left feeling helpless and hopeless in their efforts to stop the destructive spiral of addiction. Yet it is the love, support and understanding of family members that can be crucial in the healing process and can play a pivotal role in an individual’s long-term recovery.

At Lake-Geauga Recovery Centers, we believe that the development of meaningful and supportive relationships for our clients is an essential ingredient for success. We recognize the immediate and long-term benefits to individuals in recovery when their families are

involved in treatment. Therefore, we strongly encourage families to participate in Lake-Geauga Recovery Centers’ family program.

The family program is open to spouses, partners, parents, siblings, other relatives and friends who are interested in learning about substance abuse and how it affects them, to learn coping skills and to gain insight into how to support a chemically dependent family member. There is no charge to attend due to the generous support of our funders; Lake County ADAMHS Board, Geauga Board of MHRS and United Way of Lake & Geauga counties.

There is help available. Restoring healthy family bonds and repairing your family dynamic is absolutely achievable. For more information about our family program contact us at 440-255-0678 or info@lgrc.us.

Fioritto Funeral Service

CREMATIONS—BURIALS—PREARRANGEMENTS

www.FiorittoFS.com

5236 Mayfield Road
Lyndhurst, Ohio 44124

440-442-5900

Facilities Available Throughout Lake County

Protect your nest egg with an Asset Protection Trust



Randolph L. Knavel

Attorney at Law

Offices in Chardon and Cleveland

440-946-5155

- Retirement Income Planning
- Wills & Living Trusts • Powers of Attorney
- Social Security and Elder Law Questions
- Long-Term Care Planning
- In-Home Appointments

Diverse care solutions, tailored just for you.

Our services and amenities include, but are not limited to:

- Private and Semi-private Suites
- Skilled Nursing
- Long-Term Care
- Short-Term Rehabilitation
- Non-Invasive Pulmonary Program
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Memory Care
- Specialized Behavioral Care
- Respite Care
- Hospice and Palliative Care
- WiFi
- Virtual Visits with Family and Friends



Madison is small enough to offer personalized attention to each resident and employee, yet large enough to implement the latest care resources, programs and safety protocols.

For more information or to schedule a tour, please contact us today.



Madison Healthcare

AN EMBASSY HEALTHCARE COMMUNITY

7600 S Ridge Rd • Madison, OH 44057
440.428.1492 • embassyhealthcare.net

Like Us on Facebook

Enjoy the Sounds of Autumn!

*Have your
hearing checked*

Call
1-440-205-8848



8897 Mentor Ave., Mentor, Ohio 44060



**Home
Medical
Supplies**

440-205-1483

8650 Mentor Ave. Mentor, OH 44060

info@tlchomemedicalsupplies.com



Shop Our Newest CPAP Items
Travel Machines, CPAP Sanitizers
Masks and Accessories

Lift Chairs

\$100.00 off

With this ad.

Expires Dec. 31, 2021

Home Medical Aids

- Power Scooters • Lift Chairs
- Rollators & Walkers • Wheelchairs
- Bath Safety • Compression Stockings



Home Sleep Testing

Sleep Care Online offers a simple, safe and affordable way to get tested for sleep disorders from the comfort of your home. This comprehensive testing and treatment pathway is designed to seamlessly fit into your lifestyle.



WHY US?



Convenience and Flexibility
You pick the time and location



Access

No limitations due to geography or difficulty reaching a physician office

Affordability

A fraction of the cost of traditional in-lab sleep testing

Privacy

No insurance approvals, doctor referrals or additional commitments

Quality

Access to board-certified sleep physicians in one-to-one virtual consultations

CONTACT US

8650 Mentor Avenue, Mentor | **866-465-4478**

contact@sleepcareonline.com

www.sleepcareonline.com

CoA management promotions



L–R: Homemaker Manager, Pat Wem; Director of Social Services, Danielle Phillips; Social Work Manager, Kristi Ballinger.

Patricia Wem, homemaker manager, is the new kid on the block having joined the Council on Aging (CoA) in late August 2021.

Prior to joining the staff at the CoA, she was recently retired after 13½ years as a department manager and counselor at a behavioral health center. Prior to that she owned and operated a commercial cleaning company for 16 years.

Here at the Council on Aging, she has taken the position as the homemaker project manager. Together with the dedicated homemakers, the Homemaker Program provides light housekeeping to eligible seniors. "Dorothy from the Wizard of Oz summed it up perfectly when she said 'there is no place like home.' We are here to assist our seniors with basic household chores allowing them to maintain their independence all in the comfort of their home," says Patricia.

In her free time she looks forward to family time with her three daughters and their families and five years ago she discovered, that she really likes traveling the roads on the back of a Harley!

Danielle Phillips, director of social services, has been with the Council on Aging for 13 years.

Prior to accepting this position, she served as the in-home service manager at CoA. In that position, she managed the Homemaker Program and the Nonmedical In-Home Care Program.

Danielle is very excited about the new opportunity to lead the Social Services Department. She says, "We have a dedicated group of social workers and homemakers who are committed to providing meaningful service to Lake County seniors. We partner with three home health agencies who provide nonmedical in-home assistance for CoA clients. I feel fortunate to be in a position to evaluate and implement best practice strategies that provide support for the valuable employees and programs at CoA."

Like most married people with teenage/preteen children, a lot of her free time is spent being a taxi service which actually has a great benefit— she hear the best stories in the car. Her family is her favorite thing in life. When not driving the kids around, she enjoys random weekend getaways close to home, hot wings and Cleveland sports.

Kristi Ballinger, social work manager, has been employed by the CoA for five years as a social worker.

Prior to accepting her new position, her responsibilities included in-home assessments to determine eligibility for programs and to discern other resources from which clients may benefit. Social workers engage with clients and their supports to insure optimum safety and independence in the community.

She looks forward to her new role as supervisor. "We currently have four social workers and are looking to expand the department as the needs continue to grow with our aging population," she says. "In addition to overseeing the social work department, I will continue to foster existing relationships with community agencies as well as develop new partnerships to enhance services for seniors."

In her off time, Kristi enjoys wood working, gardening and spending time with her beloved wife, Marie. They have three adult children and four grandchildren who bring them so much joy and laughter. She says she is truly grateful for her life.

Adult Protective Services 24/7 Hotline

Lake County Adult Protective Services has continued with our day to day business throughout these trying times. Our 24/7 hotline continues to be maintained by social work staff, allowing for the ability to receive referrals at any point in the day. Also, as of this month, our building has opened back up to the public in order to serve the citizens of Lake County.

Case assignments of abuse, neglect, self-neglect, exploitation and supportive services are assigned based on the nature of allegations that have been reported. Our social work staff are meeting with seniors, while practicing recommendations to maintain safe

distances. Our staff are also maintaining phone contact with the seniors throughout the case assignment, as well, to ensure that basic needs are being met and that our seniors have access to available services in the community.

Please contact our hotline at (440) 350-4000, press 1, for questions, to report concerns, or to request additional information about the services that we provide. An overview of all of the programs housed at Lake County Department of Job and Family Services, as well as links to area resources, can be found at lakecountyohio.gov/departments.

Give of your time this holiday season

Help make the holidays brighter for homebound seniors in Lake County by volunteering to deliver food on Thanksgiving and Christmas mornings. It's a great way to demonstrate the holiday spirit of giving. Through a partnership with Lake



Health, hot holiday meals are prepared, packed and picked up at UH TriPoint Medical Center and UH Lake West Medical Center.

If you would like to volunteer on the mornings of either Nov. 22 or Dec. 25, please call the Council on Aging at 440-205-8111, ext. 228.

Senior citizens benefit from music therapy

The Fine Arts Association's (FAA) creative arts therapies (music, art, and drama therapies) are a clinical, evidence-based program that deploy artistic interventions within a therapeutic setting by a credentialed professional. As the number of Americans 65 and older is projected to double, older adults are living longer, and with today's many challenges, agencies serving seniors are seeking additional support by contracting with FAA's creative arts therapies.



Music therapy has shown to be instrumental when working with the elderly. FAA collaborates with agencies such as senior centers, hospitals, and shelters to provide services, caregiver support, relaxation, and socialization services. Some of our deepest memories are our musical memories. For seniors in music therapy, recalling their musical history is an important component of therapy. Not only is it fun, but also helps with cognitive, social, behavioral, and

physical development. Through music, a therapist can look at individual needs and capabilities in an affirmative and empathic manner.

Music therapy addresses long- and short-term recall, stimulates cognitive function, physical abilities, fine and gross motor skills, etc. Music therapy also facilitates relaxation and may decrease pain, anxiety, and stress. Group therapy supports social skills. Music therapy may address feelings of grief, loneliness, and depression and improves well-being and satisfaction.

The arts have proven to have made a meaningful difference in the lives of many. Music therapy and creative arts therapies offer a viable alternative and positive approach to reinforcing quality of life for the elderly.

For more information, contact Ann Marie Raddell, associate director of creative arts therapies at araddell@fineartsassociation.org or at 440-951-7500 ext. 124.



Here so you can be a family.

Here so you're not alone.

Here for you 24/7 with nationally recognized care.



David Simpson Hospice House, Cleveland

Those who experience our inpatient hospice care units consistently say the same things:

"We had no idea that this type of support was out there. Not only did you take care of my loved one and get their symptoms under control, but you helped us. We were able to take a breath, shed the role of caregiver and use our time to create the type of memories that mean so much. You gave us a true gift."

**You don't have to wait to reach out.
Call us today.**

Your family. Our purpose. **Together.**



800.707.8922 | hospicewr.org



Have questions about Medicare?

Call
CSP Insurance Solutions!

**Medicare Supplements
Medicare Advantage
Life • Health • Dental**

**Annual enrollment period is
October 15 – December 7**

Carl Purpura
CSP Insurance Solutions
7805 Hopkins Road, Mentor
440-479-2619
cpurpura@sbcglobal.net



Sheriff's Corner

By Sheriff Frank Leonbruno • Lake County, Ohio



How many people are in the Lake County jail on an average day?

Currently we average about 385 inmates in the Lake County jail per day. About 80 are women, and 305 are men. 95% of these inmates are sentenced via the courts in Lake County, or awaiting trial in a Lake County court. Historically, 70% of the prisoner population is Caucasian, 27% is African-American, and 3% are Hispanic. Since the current jail opened in 1990, the jail population has risen 350%, and the seriousness of the offenders held has continued to increase.

When the current jail opened in 1990 about 100 Lake County court inmates (15 of which were women) held in the "old" jail were brought over to the "new" jail. Since the jail was designed to hold about 350 inmates, we rented out jail beds to the United States Marshal Service (federal inmates), and to neighboring counties. The revenue generated helped pay the cost of the jail construction over the next 20 years.

By 1994 the Lake County inmate population (those charged or sentenced under the Lake County courts) rose to 203 inmates a day. By 2006, that number increased to 310 inmates per day and we were no longer renting bed space to out-of-county inmates. By 2012 the population reached 348 inmates per day, and we were no longer rent-

ing bed space to the United States Marshal Service. Given the fact that we were exceeding the number of beds originally built into the jail in 1990, we received permission by the State to double-bunk the cells, and thus increased our bed space by about 70 more beds.

Here are two things that are important to note about the jail population. First, when we opened in 1990 we had 15 female inmates. Today, that number has averaged at about 80 female inmates a day, and has at times exceeded 100. Secondly, when we first opened about 2/3 of the population were misdemeanor charges, and 1/3 felons. Today the ratio has reversed and 2/3 of our inmate population are felons (more serious offenders).

We are fortunate here in our county to have a group of corrections officers, supervisors, medical staff, mental health staff, kitchen staff, drug and alcohol treatment staff, court officers, clerical division, and community volunteers that are the finest in the nation in handling our needs and responsibilities that come with housing the inmate population. Capt. Cynthia Brooks, the jail administrator, and her staff deserve great credit for their professionalism and dedication!

Online holiday shopping?

Your Amazon purchase can benefit the Council on Aging!

Amazon (Amazon.com) is the world's largest online retailer of books, music, electronics, computers, software, apparel & accessories, shoes, jewelry and so much more! If you plan to shop online this holiday season and find something at Amazon, please consider first checking in at AmazonSmile. By doing so, when you make an eligible purchase, the company will donate a portion of that purchase price to the Lake County Council on Aging!

The first step is selecting a charity. Search for "Lake County Council on Aging" in Mentor, Ohio. This will link your purchased products to the agency. Although the site is available all year long, this holiday season is a great time to try AmazonSmile.

There is a link available on our website at www.lccoa.org that will take you directly to the site for the Lake County Council on Aging. Just look for the "AmazonSmile" logo and happy shopping!



WORDS OF WISDOM

Lake County seniors offer Words of Wisdom

Earlier this year, in celebration of Older Americans Month, Lake County Council on Aging asked seniors to share their W.O.W., Words of Wisdom. Seniors have a lifetime of experience, knowledge and wisdom to share with others.

Seniors have responded and this is the second installment of W.O.W. Words of Wisdom to enrich your life.

Please continue sharing your Words of Wisdom in the form below. Mail the form below. Your Words of Wisdom will inspire and help many.

Be pleasant to people. If you have nothing nice to say to someone, don't say anything at all. – *Rick M.*

Today is a good day for a good day. – *Lynette D.*

Plan your work and work your plan. If you fail to plan, you plan to fail. – *Mary Lou M.*

Don't expect more from people than they can deliver. Everything is a life lesson! – *Terese M.*

Don't just give lip service. If you offer help, follow through. – *Anne*

W.O.W. Words of Wisdom

Name: _____

City: _____

Your Words of Wisdom: _____

Mail to:

Council on Aging, WOW
8520 East Avenue, Mentor, OH 44060



A few recent notes of appreciation written to the Council on Aging staff.

Dear CoA,

Thanks for the help that enabled me to obtain better care for my mom. It's greatly appreciated. GC, Mentor

To The People of the Council,

We appreciate all you do to help people in our situation. You truly are wonderful and we thank you kindly for all you did for us.

Irene, Todd & Shannon H, Wickliffe

Ann Marie,

We just wanted to thank you for the wonderful volunteer appreciation night! We had such a good time! A perfect night for baseball! The meal, the fireworks, and the seats were great, not to mention seeing and chatting with my fellow volunteers in a social setting!

It's nice to be recognized! I appreciate all the effort and time you put into organizing such a spectacular event! –*Kim & Michael, Mentor*

Save the date for a “spooktacular” fundraiser!

Thursday, October 28, 2021

Eat, drink and be “scary!” Support Our Seniors Levy Committee is sponsoring a spaghetti and meatball fundraiser on Thursday, October 28, 2021 at the Patrician Party Center at 33150 Lakeland Blvd in Eastlake. Bring your friends and family for this special themed fundraiser.

Tickets must be prepurchased and are now available at the Council on

Aging office at 8520 East Avenue in Mentor, all of the Lake County senior centers, Lifeline and online thru Eventbrite.com (just search for “Support Our Seniors Halloween”).

Enjoy a delicious spaghetti and meatball dinner, cash bar, entertainment, costume contest and raffle baskets. Take-out orders will be available. The Halloween fundraiser event runs from 4–7:30 p.m.

THE TRUSTED LEADER IN CLEAN FOR OVER 70 YEARS



FOR A CLEANER & HEALTHIER HOME™
1-800-STEEMER®
stanleysteemer.com



CARPET • TILE & GROUT • HARDWOOD • UPHOLSTERY • AREA RUG
24 HOUR WATER RESTORATION

Minimum charges apply. Not valid in combination with other coupons or offers. Must present promo code at time of service. Valid at participating locations only. Residential only. Cannot be used for water emergency services. Certain restrictions may apply. Call for details.

\$25 OFF

ANY CLEANING ORDER
of \$150 or more

Expires: 12/31/21
Promo Code: **25BRIDGE**

Comprehensive & Affordable ELDER LAW & ESTATE PLANNING SERVICES



Offering assistance in the following areas...

- Medicaid Planning & Disability Advocacy
- Asset Protection Trusts
- Medicaid Applications & Appeals
- Medicaid Estate Recovery Settlements
- Estate Planning & Administration
- Trusts & Trust Settlement
- Health Care Directives
- Veteran Benefits

A Life Care Planning Firm

Daniel P. Seink Co., Ltd.

Certified Specialist in Elder Law

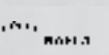
Ohio State Bar Association

Call for Your Free Consultation

800.393.2324

Locations in Brecksville, Mentor, Beachwood, Westlake, Akron, Canton

OhioElderLaw.com





PICK-UP OR DRIVE-IN

Residential

Small Business

440-942-8018

**Great Lakes Record Center
& Shredding**

8001 Moving Way • Mentor

www.xpressshredding.com

Why preplan with *us*?

If you like the peace of mind you get from insurance, you'll understand why it makes sense to preplan with us. We know of no other funeral home's policies that work as hard to do all this:

- Spares your family from making detailed decisions at an emotional time
- Ensures that wishes are expressed
- Prevents overspending and can lock in costs

We're experts at preplanning, and know all of the issues that may arise. Call us, you'll be glad you did.



368 Mentor Avenue
Painesville, Ohio
440-357-7544

www.johnsonfuneralservices.net

©2006 Copyrighted Material

A change in seasons, but nutrition needs remain the same

By Linda Llewellyn, Director of Community Services and Volunteer Engagement, Lake County Council on Aging

Fall brings changing leaf colors, cooler temperatures and eventually the onset of winter and snow. The fresh produce of summer becomes scarce, but the fresh fruits and vegetables of winter become ample.

As the seasons change, our nutritional needs remain the same. Meals on Wheels is committed to providing nutritional meals to seniors needing home delivery. The Monday through Friday hot meal service will remain the same as long as it remains safe for the seniors we deliver to and the volunteers who deliver.

The Lunch Place locations in the Wickliffe, Willowick and Madison senior centers, along with the Painesville nutrition site, will remain open and serving a hot meal Monday through Friday as long as the senior centers remain open and it is safe for seniors, volunteers and staff to serve lunch.

Nutritional meals and safety are our priorities. If it becomes necessary, due to COVID-19 concerns for safety, we will take the necessary precautions and follow all health and safety guidelines from the Lake County General Health District and the state of Ohio. While taking precautions, we will do everything possible to provide the highest level of service and we will communicate all changes to our seniors receiving home-delivered meals or dining at the Lunch Places.

In addition, Lake County Council on Aging Nutrition Services will be providing additional meal support services throughout the fall and winter for home-delivered meal clients:

- A new Meow or Woof Pet Meals on Wheels program in partnership with Lake Humane Society is providing supplemental pet food to home-delivered meal clients to extend their food budget.
- A new Commodity Supplemental Food Program is in development

to provide shelf-stable and commodity food to home-delivered meal clients who are eligible.

- Participation in the Subaru Share the Love Event 2021 will focus on a countywide food drive in senior centers, Subaru dealers and special Stuff the Subaru Trunk dates at the Lake County Council on Aging East Avenue office. Donated food will be assembled into emergency packs of food called blizzard bags to be given to home-delivered meal clients who request the bag.
- Lake County Council on Aging will also be partnering with University Hospital, formerly Lake Health, to provide a special holiday meal on Thanksgiving Day and Christmas Day to Meals on Wheels clients who will be alone on the holiday.

The change in season is a good time to remind everyone to have an emergency food supply in your home, in case of bad weather or other emergency. Emergency food supplies should be nonperishable food that does not require refrigeration, cooking or preparation. Select foods that are high in protein; such as tuna, canned meats, peanut butter and nuts. Ready-to-eat foods that do not require cooking, such as protein or fruit bars, dry cereal or granola, dried fruit, crackers, and canned/bottled juices are a must. It is critical to have a water supply for three days, one gallon of water per person per day. Don't forget to stock a can opener, a flashlight and batteries. Being prepared for an emergency will ensure all goes well.

Lake County Council on Aging is here through every season to ensure that every senior in Lake County has enough to eat. The Aging and Disability Resource Center can assist any senior with local resources or services offered by Council on Aging. Call 440-205-8111, if you need food assistance.

Event honors CoA volunteers

The Council on Aging held a special evening at a Lake County Captains Game to honor its Volunteers. Hundreds turned out for the event which included food, fireworks and an exciting baseball game! These individuals work with the agency to make life better for older adults and best reflect the universal concept of volunteerism — serving as an inspiration to others through their work delivering meals, grocery shopping, donating time as friendly visitors and working on special projects.



Saluting Lake County CENTENARIANS

Congratulations to this resident of Lake County who was recently recognized for having turned at least 100 years of age. She will receive a signed Centenarian Certificate from the Council on Aging.

Albina Jakse, Mentor
100 years old • May 16, 1921

Do you know someone turning 100 years old... or older?

Since 2014, the Lake County Council on Aging has been honoring those residents of Lake County who have turned at least 100 years old. If you know of someone marking this milestone birthday or even older, please notify us by going online to our website at www.lccoa.org and using the fillable form. You will receive a beautiful centenarian certificate from the Council on Aging, along with name and birth date recognition in our quarterly newspaper, "Bridge."

You may also drop us a note and include the following:

- Name of honoree
- Your name (as requestor)
- Your mailing address

- Your phone number
- Honoree date of birth
- Relationship to honoree

Send to:
Council on Aging
Centenarian Project
8520 East Avenue
Mentor, Ohio 44060

Privacy policy:
In order to protect the identity of participants from unwanted solicitation or contacts, we will only print the name, city and birth date of the centenarian. All other info you send will be kept confidential and is for use on a centenarian certificate only.

Leaving a Legacy

If providing for seniors matters to you, consider a gift to the Lake County Council on Aging. A bequest — a provision in your will designating assets to the agency — doesn't impact your finances today and makes a world of difference in seniors' lives tomorrow. Find out more by contacting Kip Jochum at 440-205-8111.



LAKE COUNTY MOBILE FOOD PANTRY IMPORTANT UPDATES!

MOVING TO ONCE A WEEK STARTING OCTOBER!

WHEN: EVERY TUESDAY; OCTOBER 5, 2021 - JANUARY 25, 2022
TIME: 10:00 AM - 11:00 AM
WHERE: LAKETRAN MENTOR PARK-N-RIDE (8650 MARKET STREET)

**RESERVE YOUR PICK-UP BY CALLING 2-1-1 OR
COUNCIL ON AGING AT 440-205-8111.**
100 SPOTS AVAILABLE EACH WEEK.

**PARTICIPANTS MUST CERTIFY ANNUAL GROSS HOUSEHOLD INCOME IS AT OR BELOW
\$25,759 FOR A HOUSEHOLD OF 1 AND \$34,839 FOR A HOUSEHOLD OF 2.**
INCOME IS SELF-DECLARED; VERIFICATION IS NOT REQUIRED.

Thank you to our Community Partners:



"Better Care Begins at Home,"

Better At Home, LLC understands the challenges facing today's families and the importance of aging in place. That's why we are **dedicated to providing the very best care** to you and your family in the privacy, **comfort and safety of your own home.**

We offer 24-hr. care with no hourly minimums and **complimentary home** assessments to create a **unique care plan** exclusive to you and your needs.

 **CONTACT US 440-946-1600**

Personal Care - Homemaking Services - Transportation
Medication Reminders - Companionship and more



 4043 Erie Street,
Willoughby, OH 44094
 info@betterathomehc.com
 www.betterathomehc.com



Why hire a Senior Real Estate Specialist? I can:

- Guide seniors through the buying and selling of their home.
- Share information about Medicaid, Medicare, Social Security, etc.
- Explain and refer seniors to lenders utilizing the reverse mortgage.
- Connect seniors with decluttering experts and stagers.
- Recommend tax specialists who work with seniors.
- Help seniors who want to age in place.



Sharon Flyter, Realtor

Howard Hanna
(440) 477-2676 Cell
(440) 944-9600 Office
sharonflyter@howardhanna.com



Lake County's best kept secret

AVENUE WOODS



A 55 and older community

Other
sites
available!

HOMES FOR SALE

2021 Home SOLD

16' x 60', 960 +/- sq. ft., 2 bed, 2 bath

2021 Home COMING NEXT SUMMER

16' x 60', 960 +/- sq. ft., 2 bed, 2 bath

CUSTOM BUILD 2021 Home CALL US TO ORDER!

Single wide up to 16' wide with 2 or 3 bedrooms.
Several lengths and styles available.

- Financing Available
- New homes starting in the \$50s
- One-floor living
- Small pet friendly
- Seasonal activities
- On-site management

*Convenient location near medical facilities, shopping,
social & recreational activities, and Laketrans routes.*

9181 Mentor Avenue, Mentor
Across from Chipotle - Look for the green and white sign!

www.avenuewoods.com

(440) 479-1607

Anytime

(440) 255-8177

Business Hours



CENTURY 21
Ask Cox Homes

Share the Love event returns

Lake County Council on Aging will participate in the 14th annual Subaru Share the Love event as a member of Meals on Wheels America — one of four national Share the Love partners supported through the promotion — beginning November 18, 2021. Every purchase or lease of a 2022 Subaru results in a \$250 donation from Subaru America to one of the four participating national charities. Choosing Meals on Wheels America keeps those dollars helping Lake County seniors. You can Share the Love when you buy or lease a 2022 Subaru.

You can also Share the Love by donating nonperishable food items. A key part of the Share the Love Event is the annual food drive to collect nonperishable food items for “blizzard bags” to be distributed to MOW seniors in Lake County. Lake County senior centers, along with Adventure and Ganley Subaru dealers will be food collection sites along with several days of “stuff the Subaru trunk” at the Council on Aging office. The food items are placed in emergency blizzard bags.

By hosting the blizzard bag food drive, the Council on Aging will earn points toward the Share the Love campaign and will receive a share of the donations raised by Ohio Subaru dealers. Look for the blizzard bag food collection containers beginning November 18, 2021 or call the Council on Aging at 440-205-8111 for more information on where you can donate nonperishable food items.

“We are thankful to Meals on Wheels America and Subaru for all their past support of our efforts,” said Joe Tomsick, Council on Aging CEO. “For the fifth year, thanks to the generous donations we receive from community members, we are able to ensure that clients will have food on hand in the event that winter weather or other emergency prevents the home delivery of their meal.”

In 2021, the Council on Aging was awarded a grant of nearly \$3,000 from Meals on Wheels America for its creative blizzard bag project and participation in the Subaru Share the Love event.

NE Ohio man donates \$1M to establish relief program for Alzheimer’s caregivers

Program will benefit families in 22 counties

When Jan Castora’s wife Josephine was battling a form of dementia, all he could think about was keeping her in their home “for her comfort, for her safety and for her dignity.”

He would get her up in the morning, help her get dressed, cook breakfast, and help her with her hygiene. But he soon realized that he needed help. Over time, Mrs. Castora lost her ability to speak. She also lost control of her hands, arms and legs. At first, she could balance on her legs with help. Then because she couldn’t walk, someone would have to pick her up from her wheelchair to where she needed to go.

He hired a couple of ladies to help — to give him regular breaks from caregiving. They added to the support that Hospice was providing.

It was a lifesaver.

Josephine Castora died on Oct. 7, 2019 of aphasia frontotemporal dementia. Today, Castora is paying



it forward. The Strongsville man donated \$1,000,000 to the Alzheimer’s Association to create the Jan & Josephine Castora Family Caregiver Relief Program to pay agency caregivers to assist families needing help caring for someone with Alzheimer’s or another dementia.

The agency aides can provide companion care or personal care services such as bathing, dressing and grooming.

The caregiver relief program is for caregivers who currently do not have paid help. To find out about eligibility requirements, go to alz.org/cleveland/carerelief or call 216-206-8389.



Your service deserves
lasting recognition.

440.255.3401

CALL TO GET STARTED

The Veterans Memorial Program ensures that you and your family receive the benefits you are entitled to at **NO COST**.

**SAVE UP TO \$5,000 PER PERSON
FREE BURIAL OR CREMATION GRAVE**

Presidential Memorial Certificate
Flag Folding and Presentation



PRESENTED BY

BRUNNER
SANDEN DEITRICK
FUNERAL HOME & CREMATION CENTER

November is National Diabetes Month

With each month comes a different awareness campaign and November is National Diabetes Month. The National Kidney Foundation (NKF), Serving Northern Ohio would like to remind readers that diabetes is the number one cause of chronic kidney disease.

Other risk factors include high blood pressure, a family history of kidney disease, obesity, smoking, and being over the age of 60.

NKF has created an easy, short quiz to help folks assess their personal risk of development kidney disease. Visit www.minuteformyourkidneys.com to quickly assess whether or not you are part of the 33% Americans at risk. If you are part of the 33%, you will have the opportunity to opt in to receive an at-home urinalysis kit to screen for excess protein in your urine – another indicator that something may be going on with your kidney health.

Regardless of personal risk, ev-

eryone should take steps to protect their kidney health. If you are living with diabetes or high blood pressure, work with your health-care provider to manage those conditions and take medication as prescribed. Eat a healthy, balanced diet and stay active. Drink plenty of water. Try to lose weight if you are carrying some extra pounds. If you smoke, try to quit.

In addition to this, be sure to include a conversation about kidney health in your annual check up with your doctor. When they do blood-work, ask that the GFR be included. This will measure your kidney function and a score of greater than 60 means that you have healthy kidneys.

For more information about kidney health, visit www.kidney.org. If you have any questions about local programming in northern Ohio, you can contact program manager, Leah Adams, at leah.adams@kidney.org or 440-465-0245.

Project Hope for the Homeless seeks volunteers

Serves as Lake County's only homeless shelter

Perry Township resident Frankie Blanchard always wanted to volunteer when she was younger, but she just didn't have the opportunity.

Now retired, she learned Project Hope for the Homeless was looking for volunteers when her church would provide a meal to the shelter once a month.

"You meet such a variety of people, and some are really nice," Blanchard said. "There is a need there, so why not fill it if you can? It's something that needs to be done and people should do it if they can."

She works in the shelter on Wednesday mornings helping to serve breakfast, and occasionally in the evenings.

There are many opportunities for seniors to help volunteer at Project

Hope for the Homeless. In addition to service at the shelter, there are many opportunities for seniors to volunteer outside of the shelter including:

1. Pack lunch bags for our shelter guests.
2. Pray for our shelter ministry.
3. Make or sponsor a dinner for our shelter guests.
4. Help with facilities work in or around our building.
5. Make a house a home baskets.
6. Donate items from our Current needs list.

Visit <https://projecthopeforthehomeless.org/how-to-help/volunteer/> to learn all the ways to volunteer or contact Volunteer Services Director Missy Knight at volunteer@projecthopeforthehomeless.org.

Helping Hands

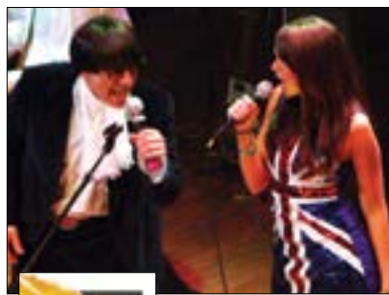
The Lake County Council on Aging is greatly appreciative to its board members for their donation toward making Senior Day at the Fair so successful. Special acknowledgement for a large gift of cases of bottled water from Sam's Club assistant manager Slaven Udovicic. We thank Nancy Sanden for making the special arrangement and managing the delivery!



2021 Dinner Show Series

The ReBeats

The Midwest's finest '60s tribute band!



For future events visit:
www.rsmevents.com

Thursday, October 21, 2021

Villa Croatia, Eastlake

Friday, October 22, 2021

Michaud's, Strongsville

Tickets for both locations!

Lunch & Show: Noon	\$60.00
Dinner & Show: 6:30pm	\$60.00
Show Only: 1pm or 7:30pm	\$45.00

HALLOWEEN PARTY!!
Wear your costume & join the fun!

NOTE: Cash bar available at Villa Croatia, BYOB/wash provided at Michaud's.

To order tickets call:
216 744-7090

Scheduled Vehicle Transportation to Florida



There's an easier way to get to and from Florida.

*You take a plane...
we'll take your car!*

Champion has been family owned and operated for 30 years! We have specialized in "snowbird" transportation to and from OH and PA since 1998.

Our staff is friendly, helpful and willing to take the time to provide you with information about our transport services.

- Door-to-door service
- Terminal-to-door service (airport shuttle)
- 2 or more vehicle discount

Champion Transit, Inc.
Specializing in Auto Transportation

330-469-9953

patricia@championtransit.com

Wickliffe Country Place

A Legacy Health Services Facility

1919 Bishop Road Wickliffe, Ohio 44092



Phone

440-944-9400

Fax 440-944-0955



- Private, Spacious Rehabilitation Suites
 - Therapy Offered 7 Days a Week • On-site dialysis partnered with CDC
 - Full-Time Certified Wound Nurse • Specialized Cardiac Program
 - Full-Time Nurse Practitioner • Secure memory care unit
- Take a virtual tour of our website www.lhshealth.com**

**Our Medical Directors are Dr. Harigopal Balaji,
Dr. Beejadi Mukunda and Dr. Marinela Turc**

Tub to Shower Conversions



**Installed On
Your Tub!**

Call us today!

(440) 667-8827 • www.OhioWalkinShowers.com

DON'T BE LIMITED BY YOUR MOBILITY!

WE CARRY THE BRANDS YOU TRUST.



**CALL
NOW!
Up to
\$300 off
stair lifts.**



CALL, CLICK OR VISIT OUR STORE TO SHOP!

440-373-1200

30011 EUCLID AVENUE

WICKLIFFE, OHIO 44092

ACROSS FROM SWEETBERRY'S

WWW.BSMMEDICAL.COM



Lifeline, Inc.

Helping people, changing lives

COVID Relief Fund: Lifeline, Inc. has funding to assist eligible households financially impacted by COVID-19 with rent or mortgage payments and to prevent utility disconnections. Residents in need can contact Lake County 2-1-1 at 2-1-1 or at 440-639-4420 for more information and to connect with services.

HEAP WCP: The HEAP Winter Crisis Program will begin November 1 to assist with heating bills and fuel oil. Intake appointments can be scheduled by calling 440-381-8230 or visiting <https://app.capappointments.com>. For more information contact our office at 440-350-9160.

Volunteer Guardian Program: The VGP continues to actively recruit new volunteer guardians.

Those interested in volunteering can contact our program manager, Antoinette Foster, at antoinettef@lclifeline.org.

Kinship Navigator Program: We continue to offer one-on-one navigation and resource connections by appointment. Our kinship coordinator can be reached by calling 2-1-1.

VITA Tax Program: Tax clinics will begin at our office in January 2022. Tax preparation appointments will be available in early January by calling 2-1-1.

2-1-1: The 2-1-1 hotline remains fully functional 24/7. We are working hard to keep our resource database as up to date and accurate as possible with agency hours, programs and changes, given the ever-changing environment.

Thank you to board member Nancy Sanden

Nancy Sanden is stepping down after many years of service to the Lake County Council on Aging Board of Trustees. Board members play an important role in enabling the organization to make consistent progress toward its mission, and you performed with dedication and great drive. The board is grateful for your time with us, your skills and contribution to the growth of the organization. We'll miss you Nancy!

Please support the Council on Aging!

Clip and mail this form to:

Lake County Council on Aging, 8520 East Avenue, Mentor, Ohio 44060

I want to help Lake County's older adults!

Please accept my year-end gift of \$_____

I am making my donation by:

- ☐ Check or Money Order
(Make payable to: Lake County Council on Aging)
- ☐ Donate online: Skip this form and visit lccoa.org to donate!
- ☐ Credit card: Please charge \$_____ to my:
(circle one) Mastercard Visa American Express Discover

Name on card: _____

Card number: _____

Exp. date: _____ CVV code: _____

Your name: (as you wish to be acknowledged)

Company name: (if applicable)

Address: _____

City: _____

State: _____ Zip: _____

LAKE TRAN

**VOTE
&
RIDE**

Early Voting: October 5 - November 1

Ride Laketrans FREE to Lake County Board of Elections

Election Day: November 2

Ride Laketrans FREE to your polling location

To book a ride to vote call:

440-354-6100



Laketrans is helping residents vote with free ride

Laketrans strongly believes transportation should not be a barrier to vote and will continue their Vote & Ride Program for the fall general election allowing residents to ride the bus free to vote.

Lake County residents can take Laketrans's Local Routes or schedule a door-to-door Dial-a-Ride starting October 5 to vote early at the Lake County Board of Elections or to their polling location on Election Day, Tuesday, November 2.

"At Laketrans, we believe every resident should have access to vote and we know that we are uniquely positioned to help get people to the polls," shared Laketrans CEO Ben Capelle. "Exercising your right to vote is one of the most important roles an individual can play in their community and Laketrans wants to make sure that is possible for everyone."

Early voting begins Tuesday, October 5 and includes the Saturday, Sunday, and Monday before Election Day at the Lake County Board of Elections.

Polling locations in Lake County are open from 6:30 a.m. to 7:30 p.m. on November 2.

Residents who prefer to take Laketrans's local routes 1-9 simply need to inform their bus driver when they board that they are going to vote or just voted and the trip will be free. To vote early, Laketrans routes 1, 4, 5, and 9 directly serve the downtown Painesville Transfer Center adjacent to the board of elections office at 105 Main Street, Ste 107.



Laketrans Driver Mike Clavin with US Army veteran Mark Sweeney returning from the VA Clinic.

Dial-a-Ride, Laketrans's door-to-door service for seniors and people with disabilities, will also provide rides to early voting or polling locations at no charge and requires a reservation 1 to 12 business days in advance. To schedule a Dial-a-Ride reservation, call Laketrans customer service at 440-354-6100.

Residents can also ride Laketrans free to bring their absentee ballots to the Lake County Board of Elections.

"The board of elections applauds Laketrans's decision to offer free rides to the polling locations on Election Day. Many Lake County residents rely on their services to help get them to and from doctor appointments or their employers. We view the voting process as something just as vital to the everyday lives of our residents, so we are pleased Laketrans is continuing with this program," remarked Lake County Board of Elections director, Ross McDonald.

For early voting times or to find your voting location, contact the Lake County Board of Elections at 440-350-2700 or visit their website at <https://www.lakecountyohio.gov/lakeelections>.

Help support Bridge!

Become a Bridge Patron!

PLATINUM

Visiting Angels
Barbara L. Rice

Dr. Wayne R. & Coletta E. Wiley
Thomas & Barbara Colpetzer

GOLD

Robert & Joann Lindsco

SILVER

Betty Leiby
Marilynne M. Walsh

There are three levels of patron support:

Platinum (\$100 per year)
Gold (\$55 per year)
Silver (\$35 per year)

Patron names will be printed in every issue of Bridge for one year. To become a Bridge patron, please make check payable to:

Council on Aging
8520 East Avenue
Mentor, Ohio 44060

Be sure to designate which level you would like to join.

Diverse care solutions, tailored just for you.

At Embassy of Painesville, our goal is to provide you or your loved one with quality comprehensive care to ensure the best clinical outcomes in a warm, loving, home-like environment. We genuinely care about our residents and each other and are willing to go above and beyond every single day.

- Short-term care
- Long-term care
- Physical therapy
- Occupational therapy
- Speech therapy
- Wound care
- Orthopedic rehab
- Cardiac rehab
- Suites with wi-fi access
- Equipped with needlepoint ionization



Embassy of Painesville

AN EMBASSY HEALTHCARE COMMUNITY

70 Normandy Drive • Painesville, OH 44027

P 440.363.1030 • embassyhealthcare.net

[f](#) Like Us On Facebook

For more information or to schedule a tour, please contact us today.



Good health starts with **good choices.**

Lake Health is now part of University Hospitals

The good news is, as University Hospitals' flagship community-based health care provider in Lake County, patients can continue to see the same physicians in the same locations they have come to know and trust. The Lake Health Physician Group physician network offers plenty of choices for expert treatment and personalized care to make sure you and your family are prepared for life. Plus, most of our physicians now offer convenient online appointment scheduling at lakehealth.org/schedule.

FAMILY PRACTICE

Chardon Family Practice*

510 Fifth Ave.
Chardon
440-279-1500

Hackett Medical Group

8300 Tyler Blvd.
Mentor
440-205-1529

Lake County Family Practice

9500 Mentor Ave.
Mentor
440-352-4880

Madison Family Practice*

6270 North Ridge Rd.
Madison
440-428-8246

Mentor Family Practice*

8655 Market St.
Mentor
440-255-7938

Middlefield Family Practice

16030 East High St.
Middlefield
440-632-0594

Northcoast Family Practice*

7580 Auburn Rd.
Concord Twp.
440-352-0400

INTEGRATIVE MEDICINE

Integrative Medicine*

8655 Market St.
Mentor
440-255-5508

INTERNAL MEDICINE

Internal Medicine at Perrico Health Center*

4176 State Route 306
Willoughby
440-918-4690

Mentor Internal Medicine*

9485 Mentor Ave.
Mentor
440-205-5833

Willoughby Internal Medicine*

36100 Euclid Ave.
Willoughby
440-953-6294

OB/GYN

OB/GYN*

5105 SOM Center Rd.
Willoughby
440-602-6710
9485 Mentor Ave.
Mentor
440-205-5862

Women's Health Specialists*

4176 State Route 306
Willoughby
440-918-4630

PEDIATRICS

Chardon Pediatrics*

510 Fifth Ave.
Chardon
440-279-1590

Madison Pediatrics*

6270 North Ridge Rd.
Madison
440-428-6225

Mentor Pediatrics*

9485 Mentor Ave.
Mentor
440-205-5800

Willoughby Pediatrics*

36100 Euclid Ave.
Willoughby
440-942-4844

PRIMARY CARE

SOM Center Primary Care*

5105 SOM Center Rd.
Willoughby
440-953-5740

Willowick Primary Care*

29804 Lakeshore Blvd.
Willowick
440-833-2095

CARDIOLOGY

Northeast Ohio Heart Associates*

36100 Euclid Ave.
Willoughby
440-951-8360
7580 Auburn Rd.
Concord Twp.
440-352-9554

CARDIAC ELECTROPHYSIOLOGY

Cardiac Electrophysiology*

36100 Euclid Ave.
Willoughby
440-602-6735

ENDOCRINOLOGY

Mentor Endocrinology

8300 Tyler Blvd.
Mentor
440-266-5000

OPHTHALMOLOGY

Ophthalmology*

36100 Euclid Ave.
Willoughby
440-946-9555

ORTHOPEDICS

Ohio Hand to Shoulder Center

13170 Ravenna Rd.*
Chardon
844-542-6363

7580 Auburn Rd.
Concord Twp.
844-542-6363

25501 Chagrin Blvd.
Beachwood
844-542-6363

Orthopaedics*

36060 Euclid Ave.
Willoughby
440-602-6670

PAIN MANAGEMENT

Pain Management*

5105 SOM Center Rd.
Willoughby
440-953-5760
9485 Mentor Ave.
Mentor
440-205-5799

RHEUMATOLOGY

Arthritis Associates*

5105 SOM Center Rd.
Willoughby
440-953-8700

SPORTS MEDICINE

Sports Medicine*

8655 Market St.
Mentor
440-833-2010

SURGERY

Bariatric Surgery

36100 Euclid Ave.
Willoughby
440-602-6737

Mentor General Surgery*

9500 Mentor Ave.
Mentor
440-354-0377

Plastic Surgery*

36060 Euclid Ave.
Willoughby
440-602-6553

SOM Center General Surgery*

5105 SOM Center Rd.
Willoughby
440-953-5712

*provider-based facility



IS NOW PART OF



lakehealth.org